

NDB No. 18522

ARCHWAY Home Style Cookies, Chocolate Chip Ice Box

Archway Cookies

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	5.01		1		9		1.20		
Energy.....kcal	497		1	NC	4		119		
Energy.....kJ	2079		0	NC	4		499		
Protein (N x 6.25).....g	4.28		1		9		1.03		
Total lipid (fat).....g	24.40		1		9		5.86		
Ash.....g	1.28		1		9		0.31		
Carbohydrate, by difference.....g	65.02		1		9		15.60		
Fiber, total dietary.....g	2.0		1		9		0.5		
Sugars, total.....g	34.06		1		9		8.17		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	14		1		9		3		
Iron, Fe.....mg	2.63		1		9		0.63		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	127		1		9		30		
Sodium, Na.....mg	270		1		9		65		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		9		0.0		
Thiamin.....mg	0.250		1		9		0.060		
Riboflavin.....mg	0.170		1		9		0.041		
Niacin.....mg	2.060		1		9		0.494		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg	60		1		9		14		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	16		1		9		4		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	8.080		1		9		1.939		
Fatty acids, total monounsaturated.....g	8.940		1		9		2.146		
Fatty acids, total polyunsaturated.....g	1.430		1		9		0.343		
Fatty acids, total trans.....g	5.830		1		9		1.399		
Cholesterol.....mg	13		1		9		3		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18522

ARCHWAY Home Style Cookies, Chocolate Chip Ice Box

Common Measures:

Measure 1 = 24g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18524

ARCHWAY Home Style Cookies, Coconut Macaroon

Archway Cookies

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	11.50		1	MC	9		2.53		
Energy.....kcal	460		0	NC	4		101		
Energy.....kJ	1924		0	NC	4		423		
Protein (N x 6.25).....g	3.02		1	MC	9		0.66		
Total lipid (fat).....g	22.55		1	MC	9		4.96		
Ash.....g	1.71		1	MC	9		0.38		
Carbohydrate, by difference.....g	61.23		1	NC	4		13.47		
Fiber, total dietary.....g	5.1		1	MC	9		1.1		
Sugars, total.....g	45.16		1	MC	9		9.94		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		1	MC	9		1		
Iron, Fe.....mg	0.82		1	MC	9		0.18		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	123		1	MC	9		27		
Sodium, Na.....mg	200		0	LC	8		44		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	MC	9		0.0		
Thiamin.....mg	0.020		1	MC	9		0.004		
Riboflavin.....mg	0.060		1	MC	9		0.013		
Niacin.....mg	0.220		1	MC	9		0.048		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg	5		1	MC	9		1		
Folic acid.....µg									
Folate, food.....µg	5		1	MC	9		1		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....mcg_RAE	0		0	NR	4		0		
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		1	MC	9		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	20.100		1	MC	9		4.422		
Fatty acids, total monounsaturated.....g	1.610		1	MC	9		0.354		
Fatty acids, total polyunsaturated.....g	0.810		1	MC	9				

NDB No. 18524

ARCHWAY Home Style Cookies, Coconut Macaroon

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Fatty acids, total polyunsaturated.....g	0.810			MC	9		0.178		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 22g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18527

ARCHWAY Home Style Cookies, Date Filled Oatmeal

Archway Cookies

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	13.49		1		9		3.37		
Energy.....kcal	400		1	NC	4		100		
Energy.....kJ	1673		0	NC	4		418		
Protein (N x 6.25).....g	4.67		1		9		1.17		
Total lipid (fat).....g	12.05		1		9		3.01		
Ash.....g	1.62		1		9		0.41		
Carbohydrate, by difference.....g	68.16		1		9		17.04		
Fiber, total dietary.....g	2.1		1		9		0.5		
Sugars, total.....g	34.27		1		9		8.57		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	28		1		9		7		
Iron, Fe.....mg	2.26		1		9		0.57		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	159		1		9		40		
Sodium, Na.....mg	331		1		9		83		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.280		1		9		0.070		
Riboflavin.....mg	0.170		1		9		0.043		
Niacin.....mg	1.990		1		9		0.498		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg	56		1		9		14		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	13		1		9		3		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	2.760		1		9		0.690		
Fatty acids, total monounsaturated.....g	4.820		1		9		1.205		
Fatty acids, total polyunsaturated.....g	1.110		1		9		0.278		
Fatty acids, total trans.....g	3.360		1		9		0.840		
Cholesterol.....mg	6		1		9		2		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18527

ARCHWAY Home Style Cookies, Date Filled Oatmeal

Common Measures:

Measure 1 = 25g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18528

ARCHWAY Home Style Cookies, Dutch Cocoa

Archway Cookies

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	9.32		1		9		2.24		
Energy.....kcal	431		1	NC	4		103		
Energy.....kJ	1802		0	NC	4		432		
Protein (N x 6.25).....g	4.50		1		9		1.08		
Total lipid (fat).....g	14.99		1		9		3.60		
Ash.....g	1.75		1		9		0.42		
Carbohydrate, by difference.....g	69.44		1		9		16.67		
Fiber, total dietary.....g	2.6		1		9		0.6		
Sugars, total.....g	35.35		1		9		8.48		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	13		1		9		3		
Iron, Fe.....mg	3.36		1		9		0.81		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	239		1		9		57		
Sodium, Na.....mg	384		1		9		92		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.260		1		9		0.062		
Riboflavin.....mg	0.180		1		9		0.043		
Niacin.....mg	2.220		1		9		0.533		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg	63		1		9		15		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	14		1		9		3		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	3.620		1		9		0.869		
Fatty acids, total monounsaturated.....g	5.940		1		9		1.426		
Fatty acids, total polyunsaturated.....g	1.180		1		9		0.283		
Fatty acids, total trans.....g	4.240		1		9		1.018		
Cholesterol.....mg	7		1		9		2		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18528

ARCHWAY Home Style Cookies, Dutch Cocoa

Common Measures:

Measure 1 = 24g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18529

ARCHWAY Home Style Cookies, Frosty Lemon

Archway Cookies

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	12.03		0	MC	9		3.13		
Energy.....kcal	430		0	MC	9		112		
Energy.....kJ	1799		0	MC	9		468		
Protein.....g	4.41		0	MC	9		1.15		
Total lipid (fat).....g	17.11		0	MC	9		4.45		
Ash.....g	1.67		0	MC	9		0.43		
Carbohydrate, by difference.....g	64.78		0	MC	9		16.84		
Fiber, total dietary.....g	0.7		0	MC	9		0.2		
Sugars, total.....g	33.35		0	MC	9		8.67		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	41		0	MC	9		11		
Iron, Fe.....mg	1.62		0	MC	9		0.42		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	92		0	MC	9		24		
Sodium, Na.....mg	449		0	LC	8		117		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.240		0	MC	9		0.062		
Riboflavin.....mg	0.200		0	MC	9		0.052		
Niacin.....mg	1.950		0	MC	9		0.507		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg	59		0	MC	9		15		
Folic acid.....µg									
Folate, food.....µg	59		0	MC	9		15		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....mcg_RAE	0		0	NR	4		0		
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	5.830		0	MC	9		1.516		
Fatty acids, total monounsaturated.....g	5.750		0	MC	9		1.495		
Fatty acids, total polyunsaturated.....g	0.920		0	MC	9				

NDB No. 18529

ARCHWAY Home Style Cookies, Frosty Lemon

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	<u>measures of food</u>		
							Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	0.920			MC	9		0.239		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 26g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18532

ARCHWAY Home Style Cookies, Iced Molasses

Archway Cookies

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	10.34		1		9		2.90		
Energy.....kcal	420		1	NC	4		118		
Energy.....kJ	1759		0	NC	4		492		
Protein (N x 6.25).....g	3.50		1		9		0.98		
Total lipid (fat).....g	14.43		1		9		4.04		
Ash.....g	2.61		1		9		0.73		
Carbohydrate, by difference.....g	69.12		1		9		19.35		
Fiber, total dietary.....g	1.0		1		9		0.3		
Sugars, total.....g	38.43		1		9		10.76		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	24		1		9		7		
Iron, Fe.....mg	4.10		1		9		1.15		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	125		1		9		35		
Sodium, Na.....mg	605		0	LC	8		169		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.260		1		9		0.073		
Riboflavin.....mg	0.190		1		9		0.053		
Niacin.....mg	2.390		1		9		0.669		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg	61		1		9		17		
Folic acid.....µg									
Folate, food.....µg	61		1		9		17		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....mcg_RAE	0		0	NR	4		0		
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	11		1		9		3		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	4.160		1		9		1.165		
Fatty acids, total monounsaturated.....g	4.750		1		9		1.330		
Fatty acids, total polyunsaturated.....g	2.440		1		9				

NDB No. 18532

ARCHWAY Home Style Cookies, Iced Molasses

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	<u>measures of food</u>		
							Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	2.440				9		0.683		
Fatty acids, total trans.....g	3.080		1		9		0.862		
Cholesterol.....mg	12		1		9		3		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18533

ARCHWAY Home Style Cookies, Iced Oatmeal

Archway Cookies

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	9.99		1		9		2.80		
Energy.....kcal	435		1	NC	4		122		
Energy.....kJ	1822		0	NC	4		510		
Protein (N x 6.25).....g	4.89		1		9		1.37		
Total lipid (fat).....g	16.53		1		9		4.63		
Ash.....g	1.84		1		9		0.52		
Carbohydrate, by difference.....g	66.76		1		9		18.69		
Fiber, total dietary.....g	2.0		1		9		0.6		
Sugars, total.....g	37.20		1		9		10.42		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	32		1		9		9		
Iron, Fe.....mg	2.19		1		9		0.61		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	185		1		9		52		
Sodium, Na.....mg	377		1		9		105		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		9		0.0		
Thiamin.....mg	0.270		1		9		0.076		
Riboflavin.....mg	0.150		1		9		0.042		
Niacin.....mg	1.640		1		9		0.459		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg	50		1		9		14		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	15		1		9		4		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	4.610		1		9		1.291		
Fatty acids, total monounsaturated.....g	5.610		1		9		1.571		
Fatty acids, total polyunsaturated.....g	2.720		1		9		0.762		
Fatty acids, total trans.....g	3.580		1		9		1.002		
Cholesterol.....mg	8		1		9		2		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18533

ARCHWAY Home Style Cookies, Iced Oatmeal

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18535

ARCHWAY Home Style Cookies, Molasses

Archway Cookies

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	11.43		1		9		2.97		
Energy.....kcal	403		1	NC	4		105		
Energy.....kJ	1687		0	NC	4		439		
Protein (N x 6.25).....g	4.25		1		9		1.11		
Total lipid (fat).....g	12.06		1		9		3.14		
Ash.....g	2.85		1		9		0.74		
Carbohydrate, by difference.....g	69.41		1		9		18.05		
Fiber, total dietary.....g	1.2		1		9		0.3		
Sugars, total.....g	36.35		1		9		9.45		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	29		1		9		7		
Iron, Fe.....mg	4.68		1		9		1.22		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	117		1		9		30		
Sodium, Na.....mg	577		1		9		150		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		9		0.0		
Thiamin.....mg	0.300		1		9		0.078		
Riboflavin.....mg	0.230		1		9		0.060		
Niacin.....mg	2.710		1		9		0.705		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg	69		1		9		18		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	17		1		9		4		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	2.810		1		9		0.731		
Fatty acids, total monounsaturated.....g	4.860		1		9		1.264		
Fatty acids, total polyunsaturated.....g	1.050		1		9		0.273		
Fatty acids, total trans.....g	3.340		1		9		0.868		
Cholesterol.....mg	25		1		9		7		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18535

ARCHWAY Home Style Cookies, Molasses

Common Measures:

Measure 1 = 26g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18537

ARCHWAY Home Style Cookies, Oatmeal

Archway Cookies

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	10.28		1		9		2.57		
Energy.....kcal	421		1	NC	4		105		
Energy.....kJ	1763		0	NC	4		441		
Protein (N x 6.25).....g	5.48		1		9		1.37		
Total lipid (fat).....g	14.08		1		9		3.52		
Ash.....g	2.00		1		9		0.50		
Carbohydrate, by difference.....g	68.17		1		9		17.04		
Fiber, total dietary.....g	2.9		1		9		0.7		
Sugars, total.....g	34.50		1		9		8.63		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	35		1		9		9		
Iron, Fe.....mg	2.45		1		9		0.61		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	219		1		9		55		
Sodium, Na.....mg	394		1		9		99		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		9		0.0		
Thiamin.....mg	0.300		1		9		0.075		
Riboflavin.....mg	0.180		1		9		0.045		
Niacin.....mg	1.880		1		9		0.470		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg	54		1		9		13		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	15		1		9		4		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	3.200		1		9		0.800		
Fatty acids, total monounsaturated.....g	5.660		1		9		1.415		
Fatty acids, total polyunsaturated.....g	1.330		1		9		0.333		
Fatty acids, total trans.....g	3.880		1		9		0.970		
Cholesterol.....mg	10		1		9		2		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18537

ARCHWAY Home Style Cookies, Oatmeal

Common Measures:

Measure 1 = 25g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18538

ARCHWAY Home Style Cookies, Oatmeal Raisin

Archway Cookies

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	11.53		1		9		3.00		
Energy.....kcal	406		1	NC	4		106		
Energy.....kJ	1701		0	NC	4		442		
Protein (N x 6.25).....g	5.17		1		9		1.34		
Total lipid (fat).....g	12.08		1		9		3.14		
Ash.....g	1.95		1		9		0.51		
Carbohydrate, by difference.....g	69.27		1		9		18.01		
Fiber, total dietary.....g	2.7		1		9		0.7		
Sugars, total.....g	39.55		1		9		10.28		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	38		1		9		10		
Iron, Fe.....mg	2.40		1		9		0.62		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	285		1		9		74		
Sodium, Na.....mg	339		1		9		88		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		9		0.0		
Thiamin.....mg	0.280		1		9		0.073		
Riboflavin.....mg	0.160		1		9		0.042		
Niacin.....mg	1.690		1		9		0.439		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg	47		1		9		12		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	15		1		9		4		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	2.750		1		9		0.715		
Fatty acids, total monounsaturated.....g	4.850		1		9		1.261		
Fatty acids, total polyunsaturated.....g	1.160		1		9		0.302		
Fatty acids, total trans.....g	3.320		1		9		0.863		
Cholesterol.....mg	8		1		9		2		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18538

ARCHWAY Home Style Cookies, Oatmeal Raisin

Common Measures:

Measure 1 = 26g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18539

ARCHWAY Home Style Cookies, Old Fashioned Molasses

Archway Cookies

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	10.41		1		9		2.71		
Energy.....kcal	406		1	NC	4		105		
Energy.....kJ	1698		0	NC	4		441		
Protein (N x 6.25).....g	4.27		1		9		1.11		
Total lipid (fat).....g	11.83		1		9		3.08		
Ash.....g	2.94		1		9		0.76		
Carbohydrate, by difference.....g	70.55		1		9		18.34		
Fiber, total dietary.....g	1.1		1		9		0.3		
Sugars, total.....g	36.09		1		9		9.38		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	32		1		9		8		
Iron, Fe.....mg	4.99		1		9		1.30		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	561		1		9		146		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		9		0.0		
Thiamin.....mg	0.310		1		9		0.081		
Riboflavin.....mg	0.240		1		9		0.062		
Niacin.....mg	2.840		1		9		0.738		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg	71		1		9		19		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	12		1		9		3		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	2.770		1		9		0.720		
Fatty acids, total monounsaturated.....g	4.800		1		9		1.248		
Fatty acids, total polyunsaturated.....g	1.000		1		9		0.260		
Fatty acids, total trans.....g	3.250		1		9		0.845		
Cholesterol.....mg	25		1		9		6		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18539

ARCHWAY Home Style Cookies, Old Fashioned Molasses

Common Measures:

Measure 1 = 26g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18540

ARCHWAY Home Style Cookies, Old Fashioned Windmill Cookies

Archway Cookies

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.00		1		9		0.60		
Energy.....kcal	468		1	NC	4		94		
Energy.....kJ	1956		0	NC	4		391		
Protein (N x 6.25).....g	5.17		1		9		1.03		
Total lipid (fat).....g	17.55		1		9		3.51		
Ash.....g	2.05		1		9		0.41		
Carbohydrate, by difference.....g	72.23		1		9		14.45		
Fiber, total dietary.....g	1.8		1		9		0.4		
Sugars, total.....g	32.64		1		9		6.53		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	36		1		9		7		
Iron, Fe.....mg	3.06		1		9		0.61		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	113		1		9		23		
Sodium, Na.....mg	471		1		9		94		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		9		0.0		
Thiamin.....mg	0.340		1		9		0.068		
Riboflavin.....mg	0.250		1		9		0.050		
Niacin.....mg	2.940		1		9		0.588		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg	82		1		9		16		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	2		1		9		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	3.750		1		9		0.750		
Fatty acids, total monounsaturated.....g	7.820		1		9		1.564		
Fatty acids, total polyunsaturated.....g	1.670		1		9		0.334		
Fatty acids, total trans.....g	4.300		1		9		0.860		
Cholesterol.....mg	1		1		9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18540

ARCHWAY Home Style Cookies, Old Fashioned Windmill Cookies

Common Measures:

Measure 1 = 20g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18541
ARCHWAY Home Style Cookies, Peanut Butter
Archway Cookies

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	6.35		0	MC	9		1.33		
Energy.....kcal	480		0	MC	9		101		
Energy.....kJ	2008				9		422		
Protein.....g	9.00		0	MC	9		1.89		
Total lipid (fat).....g	24.28		0	MC	9		5.10		
Ash.....g	1.90		0	MC	9		0.40		
Carbohydrate, by difference.....g	58.48		0	MC	9		12.28		
Fiber, total dietary.....g	2.8		0	MC	9		0.6		
Sugars, total.....g	32.55		0	MC	9		6.84		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	35		0	MC	9		7		
Iron, Fe.....mg	2.72		0	MC	9		0.57		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	209		0	MC	9		44		
Sodium, Na.....mg	404		0	MC	9		85		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.240		0	MC	9		0.050		
Riboflavin.....mg	0.200		0	MC	9		0.042		
Niacin.....mg	4.370		0	MC	9		0.918		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	61		0	MC	9		13		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	5.390		0	MC	9		1.132		
Fatty acids, total monounsaturated.....g	10.210		0	MC	9		2.144		
Fatty acids, total polyunsaturated.....g	4.230		0	MC	9		0.888		
Fatty acids, total trans.....g									
Cholesterol.....mg	37		0	MC	9		8		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18541

ARCHWAY Home Style Cookies, Peanut Butter

Common Measures:

Measure 1 = 21g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18544

ARCHWAY Home Style Cookies, Raspberry Filled

Archway Cookies

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	14.99		1		9		3.75		
Energy.....kcal	400		1	NC	4		100		
Energy.....kJ	1675		0	NC	4		419		
Protein (N x 6.25).....g	4.35		1		9		1.09		
Total lipid (fat).....g	13.26		1		9		3.32		
Ash.....g	1.48		1		9		0.37		
Carbohydrate, by difference.....g	65.92		1		9		16.48		
Fiber, total dietary.....g	2.2		1		9		0.5		
Sugars, total.....g	31.76		1		9		7.94		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	20		1		9		5		
Iron, Fe.....mg	2.32		1		9		0.58		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	118		1		9		30		
Sodium, Na.....mg	334		1		9		83		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.340		1		9		0.085		
Riboflavin.....mg	0.180		1		9		0.045		
Niacin.....mg	2.130		1		9		0.533		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg	62		1		9		16		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	18		1		9		4		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	5.160		1		9		1.290		
Fatty acids, total monounsaturated.....g	4.140		1		9		1.035		
Fatty acids, total polyunsaturated.....g	1.100		1		9		0.275		
Fatty acids, total trans.....g	2.850		1		9		0.713		
Cholesterol.....mg	6		1		9		2		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18544

ARCHWAY Home Style Cookies, Raspberry Filled

Common Measures:

Measure 1 = 25g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18562

ARCHWAY Home Style Cookies, Reduced Fat Ginger Snaps

Archway Cookies

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	5.22		1		9		1.67		
Energy.....kcal	424		1	NC	4		136		
Energy.....kJ	1773		0	NC	4		567		
Protein (N x 6.25).....g	4.67		1		9		1.49		
Total lipid (fat).....g	11.14		1		9		3.56		
Ash.....g	2.75		1		9		0.88		
Carbohydrate, by difference.....g	76.23		1		9		24.39		
Fiber, total dietary.....g	1.1		1		9		0.3		
Sugars, total.....g	36.28		1		9		11.61		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	62		1		9		20		
Iron, Fe.....mg	12.57		1		9		4.02		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	309		1		9		99		
Sodium, Na.....mg	406		1		9		130		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.320		1		9		0.102		
Riboflavin.....mg	0.220		1		9		0.070		
Niacin.....mg	2.860		1		9		0.915		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg	76		1		9		24		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	2		1		9		1		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	2.600		1		9		0.832		
Fatty acids, total monounsaturated.....g	3.580		1		9		1.146		
Fatty acids, total polyunsaturated.....g	1.650		1		9		0.528		
Fatty acids, total trans.....g	3.310		1		9		1.059		
Cholesterol.....mg	1		1		9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18562

ARCHWAY Home Style Cookies, Reduced Fat Ginger Snaps

Common Measures:

Measure 1 = 32g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18547

ARCHWAY Home Style Cookies, Strawberry Filled

Archway Cookies

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion			Number of Data Deriv Source Confidence			Amount in edible portion of common measures of food		
	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	14.99		1		9		3.75		
Energy.....kcal	400		1	NC	4		100		
Energy.....kJ	1675		0	NC	4		419		
Protein (N x 6.25).....g	4.35		1		9		1.09		
Total lipid (fat).....g	13.26		1		9		3.32		
Ash.....g	1.48		1		9		0.37		
Carbohydrate, by difference.....g	65.92		1		9		16.48		
Fiber, total dietary.....g	2.2		1		9		0.5		
Sugars, total.....g	31.76		1		9		7.94		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	20		1		9		5		
Iron, Fe.....mg	2.32		1		9		0.58		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	118		1		9		30		
Sodium, Na.....mg	377		0	LC	8		94		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.340		1		9		0.085		
Riboflavin.....mg	0.180		1		9		0.045		
Niacin.....mg	2.130		1		9		0.533		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg	62		1		9		16		
Folic acid.....µg									
Folate, food.....µg	62		1		9		16		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....mcg_RAE	0		0	NR	4		0		
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	18		1		9		4		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	5.160		1		9		1.290		
Fatty acids, total monounsaturated.....g	4.140		1		9		1.035		
Fatty acids, total polyunsaturated.....g	1.100		1		9				

NDB No. 18547

ARCHWAY Home Style Cookies, Strawberry Filled

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food		
						Confidence Code	Measure 1	Measure 2
Fatty acids, total polyunsaturated.....g	1.100				9		0.275	
Fatty acids, total trans.....g	2.850		1		9		0.713	
Cholesterol.....mg	6		1		9		2	
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 25g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18513

ARCHWAY Home Style Cookies, Sugar Free Oatmeal

Archway Cookies

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	5.00		0	MC	9		1.20		
Energy.....kcal	442		0	MC	9		106		
Energy.....kJ	1849				9		444		
Protein.....g	5.54		0	MC	9		1.33		
Total lipid (fat).....g	20.92		0	MC	9		5.02		
Ash.....g	1.34		0	MC	9		0.32		
Carbohydrate, by difference.....g	67.20		0	MC	9		16.13		
Fiber, total dietary.....g	1.9		0	MC	9		0.5		
Sugars, total.....g	1.26		0	MC	9		0.30		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	20		0	MC	9		5		
Iron, Fe.....mg	1.96		0	MC	9		0.47		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	87		0	MC	9		21		
Sodium, Na.....mg	308		0	MC	9		74		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.270		0	MC	9		0.065		
Riboflavin.....mg	0.170		0	MC	9		0.041		
Niacin.....mg	1.810		0	MC	9		0.434		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg	58		0	MC	9		14		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	1		0	MC	9		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	4.900		0	MC	9		1.176		
Fatty acids, total monounsaturated.....g	7.860		0	MC	9		1.886		
Fatty acids, total polyunsaturated.....g	1.310		0	MC	9		0.314		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18513

ARCHWAY Home Style Cookies, Sugar Free Oatmeal

Common Measures:

Measure 1 = 24g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18566
Artificial Blueberry Muffin Mix, dry

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code	Code					

Phytosterols.....mg

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
 Measure 1 = 31g: 1 muffin

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products
 USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18968

Bagel, w heat

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	37.55		0	FLC	4		36.80		
Energy.....kcal	250		0	NC	4		245		
Energy.....kJ	1047		0	NC	4		1026		
Protein.....g	10.20		1	LC	8		10.00		
Total lipid (fat).....g	1.53		1	LC	8		1.50		
Ash.....g	1.82		0	FLC	4		1.79		
Carbohydrate, by difference.....g	48.89		0	NC	4		47.91		
Fiber, total dietary.....g	4.1		1	LC	8		4.0		
Sugars, total.....g	6.12		1	LC	8		6.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	20		1	LC	8		20		
Iron, Fe.....mg	2.76		1	LC	8		2.70		
Magnesium, Mg.....mg	51		0	FLC	4		50		
Phosphorus, P.....mg	142		0	FLC	4		139		
Potassium, K.....mg	165		0	FLC	4		162		
Sodium, Na.....mg	439		1	LC	8		430		
Zinc, Zn.....mg	1.10		0	FLC	4		1.08		
Copper, Cu.....mg	0.175		0	FLC	4		0.172		
Manganese, Mn.....mg	1.430		0	FLC	4		1.401		
Selenium, Se.....µg	28.7		0	FLC	4		28.1		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	LC	8		0.0		
Thiamin.....mg	0.403		0	FLC	4		0.395		
Riboflavin.....mg	0.209		0	FLC	4		0.205		
Niacin.....mg	3.370		0	FLC	4		3.302		
Pantothenic acid.....mg	0.375		0	FLC	4		0.367		
Vitamin B-6.....mg	0.147		0	FLC	4		0.144		
Folate, total.....µg	76		0	FLC	4		75		
Folic acid.....µg	46		0	FLC	4		45		
Folate, food.....µg	31		0	FLC	4		30		
Folate, DFE.....mcg_DFE	108		0	NC	4		106		
Choline, total.....mg	9.8		0	FLC	4		9.6		
Betaine.....mg	21.6		0	FLC	4		21.2		
Vitamin B-12.....µg	0.00		0	FLC	4		0.00		
Vitamin B-12, added.....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....µg	0		0	FLC	4		0		
Carotene, beta.....µg	2		0	FLC	4		2		
Carotene, alpha.....µg	0		0	FLC	4		0		
Cryptoxanthin, beta.....µg	0		0	FLC	4		0		
Vitamin A, IU.....IU	0		1	LC	8		0		
Lycopene.....µg	0		0	FLC	4		0		
Lutein + zeaxanthin.....µg	88		0	FLC	4		87		
Vitamin E (alpha-tocopherol).....mg	0.32		0	FLC	4		0.31		
Vitamin E, added.....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	FLC	4		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	FLC	4		0		
Vitamin K (phylloquinone).....µg	1.5		0	FLC	4		1.5		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.000		1	LC	8		0.000		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.000		0	FLC	4		0.000		
12:0.....g	0.000		0	FLC	4		0.000		
13:0.....g									
14:0.....g	0.000		0	FLC	4		0.000		
15:0.....g	0.000		0	FLC	4		0.000		
16:0.....g	0.000		0	FLC	4		0.000		
17:0.....g	0.000		0	FLC	4		0.000		
18:0.....g	0.000		0	FLC	4		0.000		
20:0.....g	0.000		0	FLC	4		0.000		
22:0.....g	0.000		0	FLC	4		0.000		
24:0.....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated.....g	0.290		0	FLC	4		0.284		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated.....g	0.008		0	FLC	4		0.008		
17:1.....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated.....g	0.277		0	FLC	4		0.271		
20:1.....g	0.005		0	FLC	4		0.005		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated.....g	0.936		0	FLC	4		0.917		
18:2 undifferentiated.....g	0.859		0	FLC	4		0.842		
18:3 undifferentiated.....g	0.076		0	FLC	4		0.075		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.000		1	LC	8		0.000		
Cholesterol.....mg	0		1	LC	8		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 98g: 1 bagel

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

NDB No. 18005
Bagels, cinnamon-raisin

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	32.00		1		1		8.32	22.08	33.60
Energy.....kcal	273		0	NC	4		71	189	287
Energy.....kJ	1143		0	NC	4		297	789	1201
Protein (N x 5.8).....g	9.80		1		1		2.55	6.76	10.29
Total lipid (fat).....g	1.70		1		1		0.44	1.17	1.79
Ash.....g	1.30		1		1		0.34	0.90	1.37
Carbohydrate, by difference.....g	55.20		0		4		14.35	38.09	57.96
Fiber, total dietary.....g	2.3		0		4		0.6	1.6	2.4
Sugars, total.....g	5.98		0	FLA	4		1.55	4.12	6.27
Starch.....g									
Minerals:									
Calcium, Ca.....mg	19		1		1		5	13	20
Iron, Fe.....mg	3.80		1		1		0.99	2.62	3.99
Magnesium, Mg.....mg	28		0	FLA	4		7	19	29
Phosphorus, P.....mg	100		0	FLA	4		26	69	105
Potassium, K.....mg	148		0	FLA	4		38	102	155
Sodium, Na.....mg	433		0	LC	8		113	299	455
Zinc, Zn.....mg	1.13		0	FLA	4		0.29	0.78	1.19
Copper, Cu.....mg	0.163		0	FLA	4		0.042	0.112	0.171
Manganese, Mn.....mg	0.876		0	FLA	4		0.228	0.604	0.920
Selenium, Se.....µg	31.0		0	FLA	4		8.1	21.4	32.6
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7		1		1		0.2	0.5	0.7
Thiamin.....mg	0.384		1		1		0.100	0.265	0.403
Riboflavin.....mg	0.277		1		1		0.072	0.191	0.291
Niacin.....mg	3.080		1		1		0.801	2.125	3.234
Pantothenic acid.....mg	0.509		0	FLA	4		0.132	0.351	0.534
Vitamin B-6.....mg	0.062		0	FLA	4		0.016	0.043	0.065
Folate, total.....µg	111		0	FLA	4		29	77	117
Folic acid.....µg	90		0	FLA	4		23	62	95
Folate, food.....µg	21		0		4		5	14	22
Folate, DFE.....mcg_DFE	174		0	NC	4		45	120	183
Choline, total.....mg	15.3		0	BFZN	4		4.0	10.6	16.1
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	21		0	FLA	4		6	15	22
Retinol.....µg	21		0	FLA	4		5	14	22
Carotene, beta.....µg	1		0	FLA	4		0	1	1
Carotene, alpha.....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....µg	2		0	FLA	4		1	1	2
Vitamin A, IU.....IU	73		1		1		19	50	77
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	54		0	FLA	4		14	38	57
Vitamin E (alpha-tocopherol).....mg	0.31		0	FLA	4		0.08	0.22	0.33
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	0.7		0	FLA	4		0.2	0.5	0.8
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 18005
Bagels, cinnamon-raisin

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Fatty acids, total saturated.....g	0.274		0		4		0.071	0.189	0.288
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.001		0		4		0.000	0.001	0.001
13:0.....g									
14:0.....g	0.003		0		4		0.001	0.002	0.003
15:0.....g									
16:0.....g	0.251		0		4		0.065	0.173	0.264
17:0.....g									
18:0.....g	0.020		0		4		0.005	0.014	0.021
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.175		0		4		0.046	0.121	0.184
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.014		0		4		0.004	0.010	0.015
17:1.....g									
18:1 undifferentiated.....g	0.161		0		4		0.042	0.111	0.169
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.671		0		4		0.174	0.463	0.705
18:2 undifferentiated.....g	0.632		0		4		0.164	0.436	0.664
18:3 undifferentiated.....g	0.039		0		4		0.010	0.027	0.041
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.114		0		4		0.030	0.079	0.120
Threonine.....g	0.285		0		4		0.074	0.197	0.299
Isoleucine.....g	0.367		0		4		0.095	0.253	0.385
Leucine.....g	0.671		0		4		0.174	0.463	0.705
Lysine.....g	0.238		0		4		0.062	0.164	0.250
Methionine.....g	0.179		0		4		0.047	0.124	0.188
Cystine.....g	0.210		0		4		0.055	0.145	0.221
Phenylalanine.....g	0.474		0		4		0.123	0.327	0.498
Tyrosine.....g	0.272		0		4		0.071	0.188	0.286
Valine.....g	0.424		0		4		0.110	0.293	0.445
Arginine.....g	0.378		0		4		0.098	0.261	0.397
Histidine.....g	0.217		0		4		0.056	0.150	0.228
Alanine.....g	0.333		0		4		0.087	0.230	0.350
Aspartic acid.....g	0.479		0		4		0.125	0.331	0.503
Glutamic acid.....g	3.240		0		4		0.842	2.236	3.402
Glycine.....g	0.343		0		4		0.089	0.237	0.360
Proline.....g	1.080		0		4		0.281	0.745	1.134
Serine.....g	0.481		0		4		0.125	0.332	0.505
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18005
Bagels, cinnamon-raisin

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code						

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 26g: 1 mini bagel (2-1/2" dia)

Measure 2 = 69g: 1 small bagel (3" dia)

Measure 3 = 105g: 1 medium bagel (3-1/2" to 4" dia)

Calories Factors: Protein 3.9

Fat 8.4

Carbohydrate 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18006
Bagels, cinnamon-raisin, toasted

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	26.90		0		4		6.46	17.49	26.63
Energy.....kcal	294		0		4		71	191	291
Energy.....kJ	1230		0		4		295	800	1218
Protein (N x 0).....g	10.60		0		4		2.54	6.89	10.49
Total lipid (fat).....g	1.80		0		4		0.43	1.17	1.78
Ash.....g	1.40		0		4		0.34	0.91	1.39
Carbohydrate, by difference.....g	59.30		0		4		14.23	38.55	58.71
Fiber, total dietary.....g	2.5		0		4		0.6	1.6	2.5
Sugars, total.....g	6.43		0	RA	4		1.54	4.18	6.36
Starch.....g									
Minerals:									
Calcium, Ca.....mg	20		0		4		5	13	20
Iron, Fe.....mg	4.09		0		4		0.98	2.66	4.05
Magnesium, Mg.....mg	23		0		4		6	15	23
Phosphorus, P.....mg	83		0		4		20	54	82
Potassium, K.....mg	163		0		4		39	106	161
Sodium, Na.....mg	346		0		4		83	225	343
Zinc, Zn.....mg	0.81		0		4		0.19	0.53	0.80
Copper, Cu.....mg	0.160		0		4		0.038	0.104	0.158
Manganese, Mn.....mg	0.328		0		4		0.079	0.213	0.325
Selenium, Se.....µg	33.3		0	RK	4		8.0	21.6	33.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.6		0		4		0.1	0.4	0.6
Thiamin.....mg	0.330		0		4		0.079	0.215	0.327
Riboflavin.....mg	0.268		0		4		0.064	0.174	0.265
Niacin.....mg	2.981		0		4		0.715	1.938	2.951
Pantothenic acid.....mg	0.047		0		4		0.011	0.031	0.047
Vitamin B-6.....mg	0.060		0		4		0.014	0.039	0.059
Folate, total.....µg	102		0	RA	4		24	66	101
Folic acid.....µg	86		0		4		21	56	85
Folate, food.....µg	16		0		4		4	10	16
Folate, DFE.....mcg_DFE	162		0	NC	4		39	105	161
Choline, total.....mg	16.4		0	BFZN	4		3.9	10.7	16.2
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	23		0	RA	4		5	15	23
Retinol.....µg	23		0	RA	4		5	15	22
Carotene, beta.....µg	1		0	RA	4		0	1	1
Carotene, alpha.....µg	0		0	RA	4		0	0	0
Cryptoxanthin, beta.....µg	2		0	RA	4		0	1	2
Vitamin A, IU.....IU	71		0		4		17	46	70
Lycopene.....µg	0		0	RA	4		0	0	0
Lutein + zeaxanthin.....µg	56		0	RA	4		13	36	55
Vitamin E (alpha-tocopherol).....mg	0.34		0	RA	4		0.08	0.22	0.33
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	0.8		0	RA	4		0.2	0.5	0.8
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									
Lipids:									

NDB No. 18006
Bagels, cinnamon-raisin, toasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Fatty acids, total saturated.....g	0.295		0		4		0.071	0.192	0.292
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.001		0		4		0.000	0.001	0.001
13:0.....g									
14:0.....g	0.003		0		4		0.001	0.002	0.003
15:0.....g									
16:0.....g	0.270		0		4		0.065	0.176	0.267
17:0.....g									
18:0.....g	0.022		0		4		0.005	0.014	0.022
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.188		0		4		0.045	0.122	0.186
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.015		0		4		0.004	0.010	0.015
17:1.....g									
18:1 undifferentiated.....g	0.173		0		4		0.042	0.112	0.171
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.722		0		4		0.173	0.469	0.715
18:2 undifferentiated.....g	0.680		0		4		0.163	0.442	0.673
18:3 undifferentiated.....g	0.042		0		4		0.010	0.027	0.042
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.122		0		4		0.029	0.079	0.121
Threonine.....g	0.306		0		4		0.073	0.199	0.303
Isoleucine.....g	0.395		0		4		0.095	0.257	0.391
Leucine.....g	0.721		0		4		0.173	0.469	0.714
Lysine.....g	0.256		0		4		0.061	0.166	0.253
Methionine.....g	0.193		0		4		0.046	0.125	0.191
Cystine.....g	0.226		0		4		0.054	0.147	0.224
Phenylalanine.....g	0.510		0		4		0.122	0.332	0.505
Tyrosine.....g	0.293		0		4		0.070	0.190	0.290
Valine.....g	0.456		0		4		0.109	0.296	0.451
Arginine.....g	0.406		0		4		0.097	0.264	0.402
Histidine.....g	0.234		0		4		0.056	0.152	0.232
Alanine.....g	0.358		0		4		0.086	0.233	0.354
Aspartic acid.....g	0.516		0		4		0.124	0.335	0.511
Glutamic acid.....g	3.484		0		4		0.836	2.265	3.449
Glycine.....g	0.369		0		4		0.089	0.240	0.365
Proline.....g	1.161		0		4		0.279	0.755	1.149
Serine.....g	0.517		0		4		0.124	0.336	0.512
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	RA	4		0	0	0
Theobromine.....mg	0		0	RA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18006
Bagels, cinnamon-raisin, toasted

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number			Source Code	measures of food		
			of Data Points	Deriv Code	Confidence Code		Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 24g: 1 mini bagel (2-1/2" dia)
- Measure 2 = 65g: 1 small bagel (3-1/2" to 4" dia)
- Measure 3 = 99g: 1 medium bagel (4" dia)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g			0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.003		0		1		0.001	0.001	0.002
15:0.....g									
16:0.....g	0.341		0		1		0.097	0.089	0.235
17:0.....g									
18:0.....g	0.076		0		1		0.022	0.020	0.052
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.420		0		1		0.119	0.109	0.290
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.035		0		1		0.010	0.009	0.024
17:1.....g									
18:1 undifferentiated.....g	0.382		0		1		0.108	0.099	0.264
20:1.....g	0.002		0		1		0.001	0.001	0.001
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.642		0		1		0.182	0.167	0.443
18:2 undifferentiated.....g	0.600		0		1		0.170	0.156	0.414
18:3 undifferentiated.....g	0.026		0		1		0.007	0.007	0.018
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.012		0		1		0.003	0.003	0.008
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g	0.003		0		1		0.001	0.001	0.002
Fatty acids, total trans.....g									
Cholesterol.....mg	24		1		1		7	6	17
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.125		0		1		0.035	0.033	0.086
Threonine.....g	0.306		0		1		0.087	0.080	0.211
Isoleucine.....g	0.411		0		1		0.117	0.107	0.284
Leucine.....g	0.748		0		1		0.212	0.194	0.516
Lysine.....g	0.261		0		1		0.074	0.068	0.180
Methionine.....g	0.190		0		1		0.054	0.049	0.131
Cystine.....g	0.231		0		1		0.065	0.060	0.159
Phenylalanine.....g	0.523		0		1		0.148	0.136	0.361
Tyrosine.....g	0.308		0		1		0.087	0.080	0.213
Valine.....g	0.461		0		1		0.131	0.120	0.318
Arginine.....g	0.394		0		1		0.112	0.102	0.272
Histidine.....g	0.231		0		1		0.065	0.060	0.159
Alanine.....g	0.353		0		1		0.100	0.092	0.244
Aspartic acid.....g	0.481		0		1		0.136	0.125	0.332
Glutamic acid.....g	3.548		0		1		1.006	0.922	2.448
Glycine.....g	0.370		0		1		0.105	0.096	0.255
Proline.....g	1.189		0		1		0.337	0.309	0.820
Serine.....g	0.528		0		1		0.150	0.137	0.364
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18003

Bagels, egg

Measure 2 = 26g: 1 mini bagel (2-1/2" dia)

Measure 3 = 69g: 1 small bagel (3" dia)

Calories Factors: Protein 4

Fat 8.6

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18007

Bagels, oat bran

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	32.90		1		1		8.55	22.70	34.55
Energy.....kcal	255		0	NC	4		66	176	268
Energy.....kJ	1067		0		4		277	736	1120
Protein (N x 5.8).....g	10.70		1		1		2.78	7.38	11.24
Total lipid (fat).....g	1.20		1		1		0.31	0.83	1.26
Ash.....g	1.90		1		1		0.49	1.31	2.00
Carbohydrate, by difference.....g	53.30		0		4		13.86	36.78	55.97
Fiber, total dietary.....g	3.6		0		4		0.9	2.5	3.8
Sugars, total.....g	1.63		0	FLA	4		0.42	1.12	1.71
Starch.....g									
Minerals:									
Calcium, Ca.....mg	12		1		1		3	8	13
Iron, Fe.....mg	3.08		1		1		0.80	2.13	3.23
Magnesium, Mg.....mg	31		0	FLA	4		8	21	33
Phosphorus, P.....mg	110		0	FLA	4		29	76	116
Potassium, K.....mg	115		0	FLA	4		30	79	121
Sodium, Na.....mg	590		0	LC	8		153	407	620
Zinc, Zn.....mg	0.90		0	FLA	4		0.23	0.62	0.95
Copper, Cu.....mg	0.151		0	FLA	4		0.039	0.104	0.159
Manganese, Mn.....mg	0.863		0	FLA	4		0.224	0.595	0.906
Selenium, Se.....µg	34.2		0	FLA	4		8.9	23.6	35.9
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		1		1		0.1	0.1	0.2
Thiamin.....mg	0.331		1		1		0.086	0.228	0.348
Riboflavin.....mg	0.338		1		1		0.088	0.233	0.355
Niacin.....mg	2.960		1		1		0.770	2.042	3.108
Pantothenic acid.....mg	0.445		0	FLA	4		0.116	0.307	0.467
Vitamin B-6.....mg	0.043		0	FLA	4		0.011	0.030	0.045
Folate, total.....µg	98		0	FLA	4		25	68	103
Folic acid.....µg	52		0		4		14	36	55
Folate, food.....µg	46		0		4		12	32	48
Folate, DFE.....mcg_DFE	134		0	NC	4		35	93	141
Choline, total.....mg	15.3		0	BFZN	4		4.0	10.6	16.1
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		0	1	1
Retinol.....µg	1		0	FLA	4		0	1	1
Carotene, beta.....µg	1		0	FLA	4		0	0	1
Carotene, alpha.....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	0
Vitamin A, IU.....IU	4		1		1		1	3	4
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	58		0	FLA	4		15	40	61
Vitamin E (alpha-tocopherol).....mg	0.33		0	FLA	4		0.09	0.23	0.34
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	0.4		0	FLA	4		0.1	0.3	0.4
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
			of Data Points						Deriv Code
Fatty acids, total saturated.....g	0.191		0			4	0.050	0.132	0.201
4:0.....g	0.000		0			4	0.000	0.000	0.000
6:0.....g	0.000		0			4	0.000	0.000	0.000
8:0.....g	0.000		0			4	0.000	0.000	0.000
10:0.....g	0.000		0			4	0.000	0.000	0.000
12:0.....g	0.002		0			4	0.001	0.001	0.002
13:0.....g									
14:0.....g	0.001		0			4	0.000	0.001	0.001
15:0.....g									
16:0.....g	0.170		0			4	0.044	0.117	0.179
17:0.....g									
18:0.....g	0.010		0			4	0.003	0.007	0.011
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.249		0			4	0.065	0.172	0.261
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0			4	0.002	0.005	0.007
17:1.....g									
18:1 undifferentiated.....g	0.242		0			4	0.063	0.167	0.254
20:1.....g	0.000		0			4	0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0			4	0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.486		0			4	0.126	0.335	0.510
18:2 undifferentiated.....g	0.465		0			4	0.121	0.321	0.488
18:3 undifferentiated.....g	0.022		0			4	0.006	0.015	0.023
18:4.....g	0.000		0			4	0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0			4	0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0			4	0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0			4	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0			4	0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1			1	0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.138		0			4	0.036	0.095	0.145
Threonine.....g	0.301		0			4	0.078	0.208	0.316
Isoleucine.....g	0.406		0			4	0.106	0.280	0.426
Leucine.....g	0.757		0			4	0.197	0.522	0.795
Lysine.....g	0.288		0			4	0.075	0.199	0.302
Methionine.....g	0.188		0			4	0.049	0.130	0.197
Cystine.....g	0.253		0			4	0.066	0.175	0.266
Phenylalanine.....g	0.526		0			4	0.137	0.363	0.552
Tyrosine.....g	0.321		0			4	0.083	0.221	0.337
Valine.....g	0.482		0			4	0.125	0.333	0.506
Arginine.....g	0.460		0			4	0.120	0.317	0.483
Histidine.....g	0.233		0			4	0.061	0.161	0.245
Alanine.....g	0.382		0			4	0.099	0.264	0.401
Aspartic acid.....g	0.561		0			4	0.146	0.387	0.589
Glutamic acid.....g	3.318		0			4	0.863	2.289	3.484
Glycine.....g	0.410		0			4	0.107	0.283	0.431
Proline.....g	1.082		0			4	0.281	0.747	1.136
Serine.....g	0.517		0			4	0.134	0.357	0.543
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0			7	0.0	0.0	0.0
Caffeine.....mg	0		0	FLA		4	0	0	0
Theobromine.....mg	0		0	FLA		4	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18007
Bagels, oat bran

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Confidence Code					

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

- Common Measures:**
Measure 1 = 26g: 1 mini bagel (2-1/2" dia)
Measure 2 = 69g: 1 small bagel (3" dia)
Measure 3 = 105g: 1 medium bagel (3-1/2" to 4" dia)

Calories Factors: Protein 3.5 Fat 8.4 Carbohydrate 3.9

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18001

Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	36.28		2	A	1		9.43	25.03	38.09
Energy.....kcal	257		0	NC	4		67	177	270
Energy.....kJ	1074		0	NC	4		279	741	1128
Protein.....g	10.02		2	A	1		2.61	6.92	10.53
Total lipid (fat).....g	1.62		2	A	1		0.42	1.12	1.71
Ash.....g	1.57		2	A	1		0.41	1.09	1.65
Carbohydrate, by difference.....g	50.50		0	NC	4		13.13	34.84	53.02
Fiber, total dietary.....g	2.2		2	A	1		0.6	1.5	2.3
Sugars, total.....g	5.05		2	A	1		1.31	3.49	5.31
Starch.....g	43.60		2	A	1		11.34	30.08	45.78
Minerals:									
Calcium, Ca.....mg	89		0	T	4		23	61	93
Iron, Fe.....mg	6.05		2	A	1		1.57	4.17	6.35
Magnesium, Mg.....mg	22		2	A	1		6	15	23
Phosphorus, P.....mg	87		2	A	1		23	60	91
Potassium, K.....mg	75		2	A	1		20	52	79
Sodium, Na.....mg	517		0	LC	8		134	357	543
Zinc, Zn.....mg	1.90		2	A	1		0.49	1.31	1.99
Copper, Cu.....mg	0.130		2	A	1		0.034	0.090	0.136
Manganese, Mn.....mg	0.515		2	A	1		0.134	0.355	0.541
Selenium, Se.....µg	22.8		2	A	1		5.9	15.7	23.9
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.0		2	A	1		0.3	0.7	1.1
Thiamin.....mg	0.601		2	A	1		0.156	0.415	0.631
Riboflavin.....mg	0.260		2	A	1		0.068	0.179	0.273
Niacin.....mg	3.975		2	A	1		1.034	2.743	4.174
Pantothenic acid.....mg	0.214		2	A	1		0.056	0.148	0.225
Vitamin B-6.....mg	0.066		2	A	1		0.017	0.046	0.069
Folate, total.....µg	145		2	A	1		38	100	152
Folic acid.....µg	116		2	A	1		30	80	122
Folate, food.....µg	29		0	AS	1		7	20	30
Folate, DFE.....mcg_DFE	226		0	NC	4		59	156	237
Choline, total.....mg	15.3		0	A	1		4.0	10.5	16.1
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	FLA	4		0	0	0
Retinol.....µg	0		0	FLA	4		0	0	0
Carotene, beta.....µg	0		0	FLA	4		0	0	0
Carotene, alpha.....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	0
Vitamin A, IU.....IU	0	0.000	3		1		0	0	0
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	52		0	FLA	4		14	36	55
Vitamin E (alpha-tocopherol).....mg	0.10		2	A	1		0.03	0.07	0.11
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	1.1		2	A	1		0.3	0.8	1.1
Dihydrophylloquinone.....µg	0.3		2	A	1		0.1	0.2	0.3
Menaquinone-4.....µg									
Lipids:									

Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.393		0	NC	4		0.102	0.271	0.413
4:0.....g	0.000		2	A	1		0.000	0.000	0.000
6:0.....g	0.000		2	A	1		0.000	0.000	0.000
8:0.....g	0.000		2	A	1		0.000	0.000	0.000
10:0.....g	0.000		2	A	1		0.000	0.000	0.000
12:0.....g	0.000		2	A	1		0.000	0.000	0.000
13:0.....g	0.000		2	A	1		0.000	0.000	0.000
14:0.....g	0.010		2	A	1		0.003	0.007	0.011
15:0.....g	0.000		2	A	1		0.000	0.000	0.000
16:0.....g	0.267		2	A	1		0.069	0.184	0.280
17:0.....g	0.005		2	A	1		0.001	0.003	0.005
18:0.....g	0.111		2	A	1		0.029	0.076	0.116
20:0.....g	0.000		2	A	1		0.000	0.000	0.000
22:0.....g	0.000		2	A	1		0.000	0.000	0.000
24:0.....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	0.521		0	NC	4		0.135	0.359	0.547
14:1.....g	0.002		2	A	1		0.001	0.002	0.003
15:1.....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.017		2	A	1		0.004	0.012	0.018
17:1.....g	0.005		2	A	1		0.001	0.003	0.005
18:1 undifferentiated.....g	0.496		0	AS	1		0.129	0.342	0.521
18:1 c.....g	0.496		2	A	1		0.129	0.342	0.521
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.000		2	A	1		0.000	0.000	0.000
18:1-11t (18:1t n-7).....g									
20:1.....g	0.000		2	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
24:1 c.....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	0.640		0	NC	4		0.166	0.441	0.672
18:2 undifferentiated.....g	0.575		2	A	1		0.150	0.397	0.604
18:3 undifferentiated.....g	0.064		0	AS	1		0.017	0.044	0.068
18:3 n-3 c,c,c (ALA).....g	0.064		2	A	1		0.017	0.044	0.068
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000	0.000	0.000
18:3i.....g									
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	0
Phytosterols.....mg	0		0	FLA	4		0	0	0
Amino Acids:									
Tryptophan.....g	0.124		0		1		0.032	0.086	0.130
Threonine.....g	0.301		0		1		0.078	0.208	0.316
Isoleucine.....g	0.404		0		1		0.105	0.279	0.424
Leucine.....g	0.735		0		1		0.191	0.507	0.772
Lysine.....g	0.251		0		1		0.065	0.173	0.264
Methionine.....g	0.188		0		1		0.049	0.130	0.197
Cystine.....g	0.225		0		1		0.059	0.155	0.236
Phenylalanine.....g	0.519		0		1		0.135	0.358	0.545
Tyrosine.....g	0.301		0		1		0.078	0.208	0.316
Valine.....g	0.456		0		1		0.119	0.315	0.479

NDB No. 18001

Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Arginine.....g	0.384		0		1		0.100	0.265	0.403
Histidine.....g	0.227		0		1		0.059	0.157	0.238
Alanine.....g	0.347		0		1		0.090	0.239	0.364
Aspartic acid.....g	0.478		0		1		0.124	0.330	0.502
Glutamic acid.....g	3.504		0		1		0.911	2.418	3.679
Glycine.....g	0.373		0		1		0.097	0.257	0.392
Proline.....g	1.180		0		1		0.307	0.814	1.239
Serine.....g	0.508		0		1		0.132	0.351	0.533
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 26g: 1 mini bagel (2-1/2" dia)

Measure 2 = 69g: 1 small bagel (3" dia)

Measure 3 = 105g: 1 medium bagel (3-1/2" to 4" dia)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18406

Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points		Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code			
6:0.....g							
8:0.....g							
10:0.....g							
12:0.....g	0.000		0	4	0.000	0.000	0.000
13:0.....g							
14:0.....g							
15:0.....g							
16:0.....g	0.207		0	4	0.059	0.054	0.143
17:0.....g							
18:0.....g	0.012		0	4	0.003	0.003	0.008
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.131		0	4	0.037	0.034	0.090
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.014		0	4	0.004	0.004	0.010
17:1.....g							
18:1 undifferentiated.....g	0.117		0	4	0.033	0.030	0.081
20:1.....g							
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.696		0	4	0.197	0.181	0.480
18:2 undifferentiated.....g	0.660		0	4	0.187	0.172	0.455
18:3 undifferentiated.....g	0.036		0	4	0.010	0.009	0.025
18:4.....g							
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g							
20:5 n-3 (EPA).....g							
22:5 n-3 (DPA).....g							
22:6 n-3 (DHA).....g							
Fatty acids, total trans.....g							
Cholesterol.....mg	0	0.000	4	1	0	0	0
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.124		0	4	0.035	0.032	0.086
Threonine.....g	0.301		0	4	0.085	0.078	0.208
Isoleucine.....g	0.404		0	4	0.115	0.105	0.279
Leucine.....g	0.735		0	4	0.208	0.191	0.507
Lysine.....g	0.251		0	4	0.071	0.065	0.173
Methionine.....g	0.188		0	4	0.053	0.049	0.130
Cystine.....g	0.225		0	4	0.064	0.059	0.155
Phenylalanine.....g	0.519		0	4	0.147	0.135	0.358
Tyrosine.....g	0.301		0	4	0.085	0.078	0.208
Valine.....g	0.456		0	4	0.129	0.119	0.315
Arginine.....g	0.384		0	4	0.109	0.100	0.265
Histidine.....g	0.227		0	4	0.064	0.059	0.157
Alanine.....g	0.347		0	4	0.098	0.090	0.239
Aspartic acid.....g	0.478		0	4	0.136	0.124	0.330
Glutamic acid.....g	3.504		0	4	0.993	0.911	2.418
Glycine.....g	0.373		0	4	0.106	0.097	0.257
Proline.....g	1.180		0	4	0.335	0.307	0.814
Serine.....g	0.508		0	4	0.144	0.132	0.351
Hydroxyproline.....g							

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18406

Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)

Measure 2 = 26g: 1 mini bagel (2-1/2" dia)

Measure 3 = 69g: 1 small bagel (3" dia)

Calories Factors: Protein 4.2

Fat 8.4

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18002

Bagels, plain, toasted, enriched, with calcium propionate (includes onion, poppy, sesame)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	28.27		2	A	1		6.78	18.38	27.99
Energy.....kcal	288		0	NC	4		69	187	286
Energy.....kJ	1207		0	NC	4		290	784	1195
Protein.....g	11.14		2	A	1		2.67	7.24	11.03
Total lipid (fat).....g	1.72		2	A	1		0.41	1.12	1.70
Ash.....g	1.76		2	A	1		0.42	1.15	1.75
Carbohydrate, by difference.....g	57.11		0	NC	4		13.71	37.12	56.53
Fiber, total dietary.....g	2.6		2	A	1		0.6	1.7	2.5
Sugars, total.....g	5.82		2	A	1		1.40	3.78	5.76
Starch.....g	48.70		2	A	1		11.69	31.66	48.21
Minerals:									
Calcium, Ca.....mg	99		0	RA	4		24	64	98
Iron, Fe.....mg	4.50		2	A	1		1.08	2.92	4.45
Magnesium, Mg.....mg	24		2	A	1		6	15	23
Phosphorus, P.....mg	92		2	A	1		22	60	91
Potassium, K.....mg	85		2	A	1		20	55	84
Sodium, Na.....mg	480		2	A	1		115	312	475
Zinc, Zn.....mg	1.30		2	A	1		0.31	0.84	1.29
Copper, Cu.....mg	0.150		2	A	1		0.036	0.098	0.149
Manganese, Mn.....mg	0.575		2	A	1		0.138	0.374	0.569
Selenium, Se.....µg	25.2		2	A	1		6.0	16.3	24.9
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.602		2	A	1		0.144	0.391	0.596
Riboflavin.....mg	0.270		2	A	1		0.065	0.176	0.267
Niacin.....mg	4.375		2	A	1		1.050	2.844	4.331
Pantothenic acid.....mg	0.229		2	A	1		0.055	0.149	0.227
Vitamin B-6.....mg	0.070		2	A	1		0.017	0.046	0.070
Folate, total.....µg	131		2	A	1		31	85	129
Folic acid.....µg	103		2	A	1		25	67	102
Folate, food.....µg	28		0	AS	1		7	18	27
Folate, DFE.....mcg_DFE	203		0	NC	4		49	132	201
Choline, total.....mg	16.4		0	A	1		3.9	10.6	16.2
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	RA	4		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	RA	4		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	RA	4		0	0	0
Retinol.....µg	0		0	RA	4		0	0	0
Carotene, beta.....µg	0		0	RA	4		0	0	0
Carotene, alpha.....µg	0		0	RA	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	RA	4		0	0	0
Vitamin A, IU.....IU	0		0	RA	4		0	0	0
Lycopene.....µg	0		0	RA	4		0	0	0
Lutein + zeaxanthin.....µg	55		0	RA	4		13	36	54
Vitamin E (alpha-tocopherol).....mg	0.12		2	A	1		0.03	0.08	0.12
Vitamin E, added.....mg	0.00		0	RA	4		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	1.0		2	A	1		0.2	0.7	1.0
Dihydrophylloquinone.....µg	0.2		2	A	1		0.0	0.1	0.1
Menaquinone-4.....µg									
Lipids:									

NDB No. 18002

Bagels, plain, toasted, enriched, with calcium propionate (includes onion, poppy, sesame)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.283		0	NC	4		0.068	0.184	0.280
4:0.....g	0.000		2	A	1		0.000	0.000	0.000
6:0.....g	0.000		2	A	1		0.000	0.000	0.000
8:0.....g	0.000		2	A	1		0.000	0.000	0.000
10:0.....g	0.000		2	A	1		0.000	0.000	0.000
12:0.....g	0.000		2	A	1		0.000	0.000	0.000
13:0.....g	0.000		2	A	1		0.000	0.000	0.000
14:0.....g	0.000		2	A	1		0.000	0.000	0.000
15:0.....g	0.000		2	A	1		0.000	0.000	0.000
16:0.....g	0.213		2	A	1		0.051	0.139	0.211
17:0.....g	0.000		2	A	1		0.000	0.000	0.000
18:0.....g	0.069		2	A	1		0.017	0.045	0.069
20:0.....g	0.000		2	A	1		0.000	0.000	0.000
22:0.....g	0.000		2	A	1		0.000	0.000	0.000
24:0.....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	0.418		0	NC	4		0.100	0.272	0.414
14:1.....g	0.000		2	A	1		0.000	0.000	0.000
15:1.....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.004		2	A	1		0.001	0.003	0.004
17:1.....g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	0.411		0	AS	1		0.099	0.267	0.407
18:1 c.....g	0.411		2	A	1		0.099	0.267	0.407
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.000		2	A	1		0.000	0.000	0.000
18:1-11t (18:1t n-7).....g									
20:1.....g	0.003		2	A	1		0.001	0.002	0.003
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
24:1 c.....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	0.944		0	NC	4		0.227	0.614	0.934
18:2 undifferentiated.....g	0.834		2	A	1		0.200	0.542	0.826
18:3 undifferentiated.....g	0.110		0	AS	1		0.026	0.071	0.109
18:3 n-3 c,c,c (ALA).....g	0.110		2	A	1		0.026	0.071	0.109
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000	0.000	0.000
18:3i.....g									
18:4.....g	0.000		0	RA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	NC	4		0.000	0.000	0.000
Cholesterol.....mg	0		0	RA	4		0	0	0
Phytosterols.....mg	0		0	RA	4		0	0	0
Amino Acids:									
Tryptophan.....g	0.138		0	RA	4		0.033	0.090	0.136
Threonine.....g	0.334		0	RA	4		0.080	0.217	0.331
Isoleucine.....g	0.449		0	RA	4		0.108	0.292	0.444
Leucine.....g	0.817		0	RA	4		0.196	0.531	0.809
Lysine.....g	0.279		0	RA	4		0.067	0.181	0.276
Methionine.....g	0.209		0	RA	4		0.050	0.136	0.207
Cystine.....g	0.250		0	RA	4		0.060	0.163	0.248
Phenylalanine.....g	0.577		0	RA	4		0.138	0.375	0.571
Tyrosine.....g	0.334		0	RA	4		0.080	0.217	0.331
Valine.....g	0.507		0	RA	4		0.122	0.329	0.502
Arginine.....g	0.427		0	RA	4		0.102	0.277	0.422
Histidine.....g	0.252		0	RA	4		0.061	0.164	0.250

NDB No. 18002

Bagels, plain, toasted, enriched, with calcium propionate (includes onion, poppy, sesame)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alanine.....g	0.386		0	RA	4		0.093	0.251	0.382
Aspartic acid.....g	0.531		0	RA	4		0.127	0.345	0.526
Glutamic acid.....g	3.893		0	RA	4		0.934	2.531	3.854
Glycine.....g	0.414		0	RA	4		0.099	0.269	0.410
Proline.....g	1.311		0	RA	4		0.315	0.852	1.298
Serine.....g	0.564		0	RA	4		0.135	0.367	0.559
Hydroxyproline.....g	0.000		2	A	1		0.000	0.000	0.000
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	RA	4		0	0	0
Theobromine.....mg	0		0	RA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 24g: 1 mini bagel (2-1/2" dia)

Measure 2 = 65g: 1 small bagel (3" dia)

Measure 3 = 99g: 1 medium bagel (3-1/2" to 4" dia)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18407

Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.000		0		4		0.000	0.000	0.000
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.207		0		4		0.059	0.054	0.143
17:0.....g									
18:0.....g	0.012		0		4		0.003	0.003	0.008
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.131		0		4		0.037	0.034	0.090
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.014		0		4		0.004	0.004	0.010
17:1.....g									
18:1 undifferentiated.....g	0.117		0		4		0.033	0.030	0.081
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.696		0		4		0.197	0.181	0.480
18:2 undifferentiated.....g	0.660		0		4		0.187	0.172	0.455
18:3 undifferentiated.....g	0.036		0		4		0.010	0.009	0.025
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.000	4		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.124		0		4		0.035	0.032	0.086
Threonine.....g	0.301		0		4		0.085	0.078	0.208
Isoleucine.....g	0.404		0		4		0.115	0.105	0.279
Leucine.....g	0.735		0		4		0.208	0.191	0.507
Lysine.....g	0.251		0		4		0.071	0.065	0.173
Methionine.....g	0.188		0		4		0.053	0.049	0.130
Cystine.....g	0.225		0		4		0.064	0.059	0.155
Phenylalanine.....g	0.519		0		4		0.147	0.135	0.358
Tyrosine.....g	0.301		0		4		0.085	0.078	0.208
Valine.....g	0.456		0		4		0.129	0.119	0.315
Arginine.....g	0.384		0		4		0.109	0.100	0.265
Histidine.....g	0.227		0		4		0.064	0.059	0.157
Alanine.....g	0.347		0		4		0.098	0.090	0.239
Aspartic acid.....g	0.478		0		4		0.136	0.124	0.330
Glutamic acid.....g	3.504		0		4		0.993	0.911	2.418
Glycine.....g	0.373		0		4		0.106	0.097	0.257
Proline.....g	1.180		0		4		0.335	0.307	0.814
Serine.....g	0.508		0		4		0.144	0.132	0.351
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18407

Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)

Measure 2 = 26g: 1 mini bagel (2-1/2" dia)

Measure 3 = 69g: 1 small bagel (3" dia)

Calories Factors: Protein 4

Fat 8.4

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.000		0		4		0.000	0.000	0.000
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.207		0		4		0.059	0.054	0.143
17:0.....g									
18:0.....g	0.012		0		4		0.003	0.003	0.008
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.131		0		4		0.037	0.034	0.090
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.014		0		4		0.004	0.004	0.010
17:1.....g									
18:1 undifferentiated.....g	0.117		0		4		0.033	0.030	0.081
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.696		0		4		0.197	0.181	0.480
18:2 undifferentiated.....g	0.660		0		4		0.187	0.172	0.455
18:3 undifferentiated.....g	0.036		0		4		0.010	0.009	0.025
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.000	4		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.124		0		4		0.035	0.032	0.086
Threonine.....g	0.301		0		4		0.085	0.078	0.208
Isoleucine.....g	0.404		0		4		0.115	0.105	0.279
Leucine.....g	0.735		0		4		0.208	0.191	0.507
Lysine.....g	0.251		0		4		0.071	0.065	0.173
Methionine.....g	0.188		0		4		0.053	0.049	0.130
Cystine.....g	0.225		0		4		0.064	0.059	0.155
Phenylalanine.....g	0.519		0		4		0.147	0.135	0.358
Tyrosine.....g	0.301		0		4		0.085	0.078	0.208
Valine.....g	0.456		0		4		0.129	0.119	0.315
Arginine.....g	0.384		0		4		0.109	0.100	0.265
Histidine.....g	0.227		0		4		0.064	0.059	0.157
Alanine.....g	0.347		0		4		0.098	0.090	0.239
Aspartic acid.....g	0.478		0		4		0.136	0.124	0.330
Glutamic acid.....g	3.504		0		4		0.993	0.911	2.418
Glycine.....g	0.373		0		4		0.106	0.097	0.257
Proline.....g	1.180		0		4		0.335	0.307	0.814
Serine.....g	0.508		0		4		0.144	0.132	0.351
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18408

Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)

Measure 2 = 26g: 1 mini bagel (2-1/2" dia)

Measure 3 = 69g: 1 small bagel (3" dia)

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18017

Biscuits, mixed grain, refrigerated dough

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	37.80		1		1		10.72	16.63	
Energy.....kcal	263		0	NC	4		75	116	
Energy.....kJ	1100				4		312	484	
Protein (N x 5.7).....g	6.10		1		1		1.73	2.68	
Total lipid (fat).....g	5.60		1		1		1.59	2.46	
Ash.....g	3.10		1		1		0.88	1.36	
Carbohydrate, by difference.....g	47.40		0	NC	4		13.44	20.86	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	17		1		1		5	7	
Iron, Fe.....mg	2.75		1		1		0.78	1.21	
Magnesium, Mg.....mg	30		0	FLA	4		9	13	
Phosphorus, P.....mg	236		0	FLA	4		67	104	
Potassium, K.....mg	456		1		1		129	201	
Sodium, Na.....mg	670		1		1		190	295	
Zinc, Zn.....mg	0.60		0	FLA	4		0.17	0.26	
Copper, Cu.....mg	0.115		0	FLA	4		0.033	0.051	
Manganese, Mn.....mg	0.659		0	FLA	4		0.187	0.290	
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.390		1		1		0.111	0.172	
Riboflavin.....mg	0.210		1		1		0.060	0.092	
Niacin.....mg	3.400		1		1		0.964	1.496	
Pantothenic acid.....mg	0.315		0	FLA	4		0.089	0.139	
Vitamin B-6.....mg	0.065		0	FLA	4		0.018	0.029	
Folate, total.....µg	83		0	FLA	4		24	37	
Folic acid.....µg	71		0	NC	4		20	31	
Folate, food.....µg	12		0		4		3	5	
Folate, DFE.....mcg_DFE	133		0	NC	4		38	58	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		1		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.366		0	FLA	4		0.387	0.601	
4:0.....g	0.000		0	FLA	4		0.000	0.000	

NDB No. 18017

Biscuits, mixed grain, refrigerated dough

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.025		0	FLA	4		0.007	0.011	
15:0.....g									
16:0.....g	0.738		0	FLA	4		0.209	0.325	
17:0.....g									
18:0.....g	0.602		0	FLA	4		0.171	0.265	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.932		0	FLA	4		0.831	1.290	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	FLA	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	2.931		0	FLA	4		0.831	1.290	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.880		0	FLA	4		0.249	0.387	
18:2 undifferentiated.....g	0.833		0	FLA	4		0.236	0.367	
18:3 undifferentiated.....g	0.047		0	FLA	4		0.013	0.021	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.076		0		1		0.022	0.033	
Threonine.....g	0.169		0		1		0.048	0.074	
Isoleucine.....g	0.214		0		1		0.061	0.094	
Leucine.....g	0.424		0		1		0.120	0.187	
Lysine.....g	0.143		0		1		0.041	0.063	
Methionine.....g	0.107		0		1		0.030	0.047	
Cystine.....g	0.132		0		1		0.037	0.058	
Phenylalanine.....g	0.305		0		1		0.086	0.134	
Tyrosine.....g	0.182		0		1		0.052	0.080	
Valine.....g	0.251		0		1		0.071	0.110	
Arginine.....g	0.257		0		1		0.073	0.113	
Histidine.....g	0.138		0		1		0.039	0.061	
Alanine.....g	0.204		0		1		0.058	0.090	
Aspartic acid.....g	0.274		0		1		0.078	0.121	
Glutamic acid.....g	2.016		0		1		0.572	0.887	
Glycine.....g	0.227		0		1		0.064	0.100	
Proline.....g	0.695		0		1		0.197	0.306	
Serine.....g	0.304		0		1		0.086	0.134	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18017

Biscuits, mixed grain, refrigerated dough

Measure 2 = 44g: 1 biscuit (2-1/2" dia)

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18010

Biscuits, plain or buttermilk, dry mix

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	9.20	0.168	7		1		11.04	10.49	11.78
Energy.....kcal	428		0	NC	4		514	488	548
Energy.....kJ	1791		0		4		2149	2041	2292
Protein (N x 5.8).....g	8.00	0.132	4		1		9.60	9.12	10.24
Total lipid (fat).....g	15.40	1.345	3		1		18.48	17.56	19.71
Ash.....g	4.00	0.098	14		1		4.80	4.56	5.12
Carbohydrate, by difference.....g	63.30		0	NC	4		75.96	72.16	81.02
Fiber, total dietary.....g	2.1		0		4		2.5	2.4	2.7
Sugars, total.....g	11.65		0	FLA	4		13.98	13.28	14.92
Starch.....g									
Minerals:									
Calcium, Ca.....mg	179	17.041	4		1		215	204	229
Iron, Fe.....mg	2.77	0.030	3		1		3.32	3.16	3.55
Magnesium, Mg.....mg	25	0.401	12		1		30	29	32
Phosphorus, P.....mg	585	45.721	4		1		702	667	749
Potassium, K.....mg	163	22.649	4		1		196	186	209
Sodium, Na.....mg	1276	74.831	4		1		1531	1455	1633
Zinc, Zn.....mg	0.60	0.015	12		1		0.72	0.68	0.77
Copper, Cu.....mg	0.154	0.007	12		1		0.185	0.176	0.197
Manganese, Mn.....mg	0.340	0.010	12		1		0.408	0.388	0.435
Selenium, Se.....µg	7.5		0	FLA	4		9.0	8.6	9.6
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		0	FLA	4		0.4	0.3	0.4
Thiamin.....mg	0.575	0.084	4		1		0.690	0.656	0.736
Riboflavin.....mg	0.437	0.005	4		1		0.524	0.498	0.559
Niacin.....mg	4.542	0.136	3		1		5.450	5.178	5.814
Pantothenic acid.....mg	0.884	0.175	4		1		1.061	1.008	1.132
Vitamin B-6.....mg	0.076		2		1		0.091	0.087	0.097
Folate, total.....µg	125		0	FLA	4		150	143	160
Folic acid.....µg	91		0	FLA	4		110	104	117
Folate, food.....µg	34		0	FLA	4		40	38	43
Folate, DFE.....mcg_DFE	189		0	NC	4		227	216	242
Choline, total.....mg	11.0		0	BFSN	4		13.2	12.6	14.1
Betaine.....mg									
Vitamin B-12.....µg	0.39		0	FLA	4		0.47	0.44	0.50
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	2		0	NC	4		2	2	2
Retinol.....µg	2		0	FLA	4		2	2	2
Carotene, beta.....µg	0		0	FLA	4		0	0	1
Carotene, alpha.....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	0
Vitamin A, IU.....IU	4		0		4		5	5	5
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	2		0	FLA	4		2	2	2
Vitamin E (alpha-tocopherol).....mg	0.13		0	FLA	4		0.16	0.15	0.17
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	6.5		0	FLA	4		7.8	7.4	8.3
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	3.965		0	FLA	4		4.758	4.520	5.075
4:0.....g	0.011		0	FLA	4		0.013	0.013	0.014
6:0.....g	0.003		0	FLA	4		0.004	0.003	0.004
8:0.....g	0.002		0	FLA	4		0.002	0.002	0.003
10:0.....g	0.004		0	FLA	4		0.005	0.005	0.005
12:0.....g	0.004		0	FLA	4		0.005	0.005	0.005
13:0.....g									
14:0.....g	0.096		0	FLA	4		0.115	0.109	0.123
15:0.....g									
16:0.....g	2.040		0	FLA	4		2.448	2.326	2.611
17:0.....g									
18:0.....g	1.793		0	FLA	4		2.152	2.044	2.295
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.584		0	FLA	4		10.301	9.786	10.988
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0	FLA	4		0.010	0.009	0.010
17:1.....g									
18:1 undifferentiated.....g	8.572		0	FLA	4		10.286	9.772	10.972
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.011		0	FLA	4		2.413	2.293	2.574
18:2 undifferentiated.....g	1.907		0	FLA	4		2.288	2.174	2.441
18:3 undifferentiated.....g	0.104		0	FLA	4		0.125	0.119	0.133
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	2		0	FLA	4		2	2	3
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.098		0		1		0.118	0.112	0.125
Threonine.....g	0.233		0		1		0.280	0.266	0.298
Isoleucine.....g	0.288		0		1		0.346	0.328	0.369
Leucine.....g	0.562		0		1		0.674	0.641	0.719
Lysine.....g	0.213		0		1		0.256	0.243	0.273
Methionine.....g	0.142		0		1		0.170	0.162	0.182
Cystine.....g	0.164		0		1		0.197	0.187	0.210
Phenylalanine.....g	0.392		0		1		0.470	0.447	0.502
Tyrosine.....g	0.242		0		1		0.290	0.276	0.310
Valine.....g	0.334		0		1		0.401	0.381	0.428
Arginine.....g	0.315		0		1		0.378	0.359	0.403
Histidine.....g	0.177		0		1		0.212	0.202	0.227
Alanine.....g	0.261		0		1		0.313	0.298	0.334
Aspartic acid.....g	0.364		0		1		0.437	0.415	0.466
Glutamic acid.....g	2.567		0		1		3.080	2.926	3.286
Glycine.....g	0.276		0		1		0.331	0.315	0.353
Proline.....g	0.896		0		1		1.075	1.021	1.147
Serine.....g	0.393		0		1		0.472	0.448	0.503
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18010

Biscuits, plain or buttermilk, dry mix

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 120g: 1 cup, purchased

Measure 2 = 114g: 1 cup, homemade

Measure 3 = 128g: 1 cup, poured from box

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18011

Biscuits, plain or buttermilk, dry mix, prepared

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	28.90		0		1		8.19		
Energy.....kcal	335		0	NC	4		95		
Energy.....kJ	1402				4		397		
Protein.....g	7.30		0		1		2.07		
Total lipid (fat).....g	12.10		0		1		3.43		
Ash.....g	3.30		0		1		0.94		
Carbohydrate, by difference.....g	48.40		0	NC	4		13.72		
Fiber, total dietary.....g	1.8		0		1		0.5		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	185		0		1		52		
Iron, Fe.....mg	2.05		0		1		0.58		
Magnesium, Mg.....mg	25		0		1		7		
Phosphorus, P.....mg	470		0		1		133		
Potassium, K.....mg	188		0		1		53		
Sodium, Na.....mg	955		0		1		271		
Zinc, Zn.....mg	0.61		0		1		0.17		
Copper, Cu.....mg	0.116		0		1		0.033		
Manganese, Mn.....mg	0.249		0		1		0.071		
Selenium, Se.....µg	6.2		0	RP	4		1.8		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.4		0		4		0.1		
Thiamin.....mg	0.350		0		1		0.099		
Riboflavin.....mg	0.357		0		1		0.101		
Niacin.....mg	3.021		0		1		0.856		
Pantothenic acid.....mg	0.548		0		1		0.155		
Vitamin B-6.....mg	0.068		0		1		0.019		
Folate, total.....µg	52		0	RP	4		15		
Folic acid.....µg	46		0	NC	4		13		
Folate, food.....µg	6		0		1		2		
Folate, DFE.....mcg_DFE	84		0	NC	4		24		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.21		0		4		0.06		
Vitamin A, RAE.....mcg_RAE	26		0	NC	4		7		
Retinol.....µg	25		0	NC	4		7		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	94		0		4		27		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	2.789		0		1		0.791		
4:0.....g	0.031		0		1		0.009		

NDB No. 18011

Biscuits, plain or buttermilk, dry mix, prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.018		0		1		0.005		
8:0.....g	0.010		0		1		0.003		
10:0.....g	0.024		0		1		0.007		
12:0.....g	0.027		0		1		0.008		
13:0.....g									
14:0.....g	0.096		0		1		0.027		
15:0.....g									
16:0.....g	1.360		0		1		0.386		
17:0.....g									
18:0.....g	1.221		0		1		0.346		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.206		0		1		1.192		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.021		0		1		0.006		
17:1.....g									
18:1 undifferentiated.....g	4.183		0		1		1.186		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.305		0		1		1.220		
18:2 undifferentiated.....g	4.045		0		1		1.147		
18:3 undifferentiated.....g	0.260		0		1		0.074		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3 (EPA).....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	4		0		4		1		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.091		0		1		0.026		
Threonine.....g	0.234		0		1		0.066		
Isoleucine.....g	0.296		0		1		0.084		
Leucine.....g	0.549		0		1		0.156		
Lysine.....g	0.267		0		1		0.076		
Methionine.....g	0.139		0		1		0.039		
Cystine.....g	0.133		0		1		0.038		
Phenylalanine.....g	0.355		0		1		0.101		
Tyrosine.....g	0.245		0		1		0.069		
Valine.....g	0.339		0		1		0.096		
Arginine.....g	0.281		0		1		0.080		
Histidine.....g	0.167		0		1		0.047		
Alanine.....g	0.239		0		1		0.068		
Aspartic acid.....g	0.373		0		1		0.106		
Glutamic acid.....g	2.172		0		1		0.616		
Glycine.....g	0.232		0		1		0.066		
Proline.....g	0.791		0		1		0.224		
Serine.....g	0.364		0		1		0.103		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18011

Biscuits, plain or buttermilk, dry mix, prepared

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18009

Biscuits, plain or buttermilk, frozen, baked

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	26.70	1.152	6		1		7.57	20.56	13.62
Energy.....kcal	365		0	NC	4		103	281	186
Energy.....kJ	1526		0	NC	4		432	1175	778
Protein (N x 5.8).....g	6.20	0.396	6		1		1.76	4.77	3.16
Total lipid (fat).....g	16.50	2.166	6		1		4.68	12.71	8.42
Ash.....g	2.20	0.338	7		1		0.62	1.69	1.12
Carbohydrate, by difference.....g	48.50		0		4		13.75	37.35	24.74
Fiber, total dietary.....g	1.3		0		4		0.4	1.0	0.7
Sugars, total.....g	3.48		0	FLA	4		0.99	2.68	1.77
Starch.....g									
Minerals:									
Calcium, Ca.....mg	49	6.829	23		1		14	38	25
Iron, Fe.....mg	3.30	0.234	21		1		0.94	2.54	1.68
Magnesium, Mg.....mg	17	0.693	20		1		5	13	9
Phosphorus, P.....mg	430	35.462	20		1		122	331	219
Potassium, K.....mg	224	24.306	20		1		64	172	114
Sodium, Na.....mg	942		0	LC	8		267	725	480
Zinc, Zn.....mg	0.48	0.018	19		1		0.14	0.37	0.24
Copper, Cu.....mg	0.083	0.006	19		1		0.024	0.064	0.042
Manganese, Mn.....mg	0.392	0.014	15		1		0.111	0.302	0.200
Selenium, Se.....µg	18.8		0	FLA	4		5.3	14.5	9.6
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		7		0.0	0.0	0.0
Thiamin.....mg	0.427	0.029	8		1		0.121	0.329	0.218
Riboflavin.....mg	0.292	0.017	8		1		0.083	0.225	0.149
Niacin.....mg	3.352	0.222	5		1		0.950	2.581	1.710
Pantothenic acid.....mg	0.300		1		1		0.085	0.231	0.153
Vitamin B-6.....mg	0.047	0.011	4		1		0.013	0.036	0.024
Folate, total.....µg	70		0	FLA	4		20	54	36
Folic acid.....µg	63		0	FLA	4		18	49	32
Folate, food.....µg	7		2		1		2	5	4
Folate, DFE.....mcg_DFE	114		0	NC	4		32	88	58
Choline, total.....mg	8.9		0	A	1		2.5	6.9	4.5
Betaine.....mg	43.0		0	A	1		12.2	33.1	21.9
Vitamin B-12.....µg	0.14		2		1		0.04	0.11	0.07
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....µg	0		0	FLA	4		0	0	0
Carotene, beta.....µg	0		0	FLA	4		0	0	0
Carotene, alpha.....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	0
Vitamin A, IU.....IU	2		0	FLA	4		1	2	1
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	9		0	FLA	4		3	7	5
Vitamin E (alpha-tocopherol).....mg	1.32		0	FLA	4		0.37	1.02	0.67
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	4.1		0	FLA	4		1.2	3.2	2.1
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	2.490		0	FLA	4		0.706	1.917	1.270
4:0.....g	0.002		0	FLA	4		0.001	0.002	0.001
6:0.....g	0.001		0	FLA	4		0.000	0.001	0.001
8:0.....g	0.001		0	FLA	4		0.000	0.001	0.001
10:0.....g	0.001		0	FLA	4		0.000	0.001	0.001
12:0.....g	0.002		0	FLA	4		0.001	0.002	0.001
13:0.....g									
14:0.....g	0.022		0	FLA	4		0.006	0.017	0.011
15:0.....g									
16:0.....g	1.655		0	FLA	4		0.469	1.274	0.844
17:0.....g									
18:0.....g	0.806		0	FLA	4		0.229	0.621	0.411
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.906		0	FLA	4		1.958	5.318	3.522
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.065		0	FLA	4		0.018	0.050	0.033
17:1.....g									
18:1 undifferentiated.....g	6.824		0	FLA	4		1.935	5.254	3.480
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.209		0	FLA	4		1.760	4.781	3.167
18:2 undifferentiated.....g	5.767		0	FLA	4		1.635	4.441	2.941
18:3 undifferentiated.....g	0.426		0	FLA	4		0.121	0.328	0.217
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0	FLA	4		0	1	1
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.076		0		1		0.022	0.059	0.039
Threonine.....g	0.177		0		1		0.050	0.136	0.090
Isoleucine.....g	0.226		0		1		0.064	0.174	0.115
Leucine.....g	0.436		0		1		0.124	0.336	0.222
Lysine.....g	0.167		0		1		0.047	0.129	0.085
Methionine.....g	0.112		0		1		0.032	0.086	0.057
Cystine.....g	0.123		0		1		0.035	0.095	0.063
Phenylalanine.....g	0.308		0		1		0.087	0.237	0.157
Tyrosine.....g	0.192		0		1		0.054	0.148	0.098
Valine.....g	0.262		0		1		0.074	0.202	0.134
Arginine.....g	0.245		0		1		0.069	0.189	0.125
Histidine.....g	0.139		0		1		0.039	0.107	0.071
Alanine.....g	0.197		0		1		0.056	0.152	0.100
Aspartic acid.....g	0.277		0		1		0.079	0.213	0.141
Glutamic acid.....g	1.979		0		1		0.561	1.524	1.009
Glycine.....g	0.211		0		1		0.060	0.162	0.108
Proline.....g	0.698		0		1		0.198	0.537	0.356
Serine.....g	0.307		0		1		0.087	0.236	0.157
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18009

Biscuits, plain or buttermilk, frozen, baked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 77g: 1 large

Measure 3 = 51g: 1 medium

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18016

Biscuits, plain or buttermilk, prepared from recipe

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	28.90		0		1		8.19	29.19	4.05
Energy.....kcal	353		0	NC	4		100	357	49
Energy.....kJ	1477		0	NC	4		419	1492	207
Protein (N x 0).....g	7.00		0		1		1.98	7.07	0.98
Total lipid (fat).....g	16.30		0		1		4.62	16.46	2.28
Ash.....g	3.20		0		1		0.91	3.23	0.45
Carbohydrate, by difference.....g	44.60		0	NC	4		12.64	45.05	6.24
Fiber, total dietary.....g	1.5		0		4		0.4	1.5	0.2
Sugars, total.....g	2.18		0	RA	4		0.62	2.20	0.31
Starch.....g									
Minerals:									
Calcium, Ca.....mg	235		0		1		67	237	33
Iron, Fe.....mg	2.90		0		1		0.82	2.93	0.41
Magnesium, Mg.....mg	18		0		1		5	18	3
Phosphorus, P.....mg	164		0		1		46	166	23
Potassium, K.....mg	121		0		1		34	122	17
Sodium, Na.....mg	580		0		1		164	586	81
Zinc, Zn.....mg	0.54		0		1		0.15	0.55	0.08
Copper, Cu.....mg	0.082		0		1		0.023	0.083	0.011
Manganese, Mn.....mg	0.378		0		1		0.107	0.382	0.053
Selenium, Se.....µg	19.5		0	RK	4		5.5	19.7	2.7
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		0		1		0.1	0.2	0.0
Thiamin.....mg	0.356		0		1		0.101	0.360	0.050
Riboflavin.....mg	0.310		0		1		0.088	0.313	0.043
Niacin.....mg	2.949		0		1		0.836	2.978	0.413
Pantothenic acid.....mg	0.285		0		1		0.081	0.288	0.040
Vitamin B-6.....mg	0.035		0		1		0.010	0.035	0.005
Folate, total.....µg	61		0	RK	4		17	62	9
Folic acid.....µg	49		0	NC	4		14	49	7
Folate, food.....µg	12		0		1		3	12	2
Folate, DFE.....mcg_DFE	95		0	NC	4		27	96	13
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.08		0		1		0.02	0.08	0.01
Vitamin A, RAE.....mcg_RAE									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	82		0		1		23	83	11
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	4.324		0		1		1.226	4.367	0.605
4:0.....g	0.026		0		1		0.007	0.026	0.004

Biscuits, plain or buttermilk, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.015		0		1		0.004	0.015	0.002
8:0.....g	0.009		0		1		0.003	0.009	0.001
10:0.....g	0.020		0		1		0.006	0.020	0.003
12:0.....g	0.022		0		1		0.006	0.022	0.003
13:0.....g									
14:0.....g	0.140		0		1		0.040	0.141	0.020
15:0.....g									
16:0.....g	2.402		0		1		0.681	2.426	0.336
17:0.....g									
18:0.....g	1.687		0		1		0.478	1.704	0.236
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.930		0		1		1.965	6.999	0.970
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.018		0		1		0.005	0.018	0.003
17:1.....g									
18:1 undifferentiated.....g	6.910		0		1		1.959	6.979	0.967
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.163		0		1		1.180	4.205	0.583
18:2 undifferentiated.....g	3.900		0		1		1.106	3.939	0.546
18:3 undifferentiated.....g	0.263		0		1		0.075	0.266	0.037
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	3		0		1		1	3	0
Phytosterols.....mg	30		0		1		9	30	4
Amino Acids:									
Tryptophan.....g	0.087		0		1		0.025	0.088	0.012
Threonine.....g	0.211		0		1		0.060	0.213	0.030
Isoleucine.....g	0.273		0		1		0.077	0.276	0.038
Leucine.....g	0.514		0		1		0.146	0.519	0.072
Lysine.....g	0.226		0		1		0.064	0.228	0.032
Methionine.....g	0.132		0		1		0.037	0.133	0.018
Cystine.....g	0.132		0		1		0.037	0.133	0.018
Phenylalanine.....g	0.347		0		1		0.098	0.350	0.049
Tyrosine.....g	0.232		0		1		0.066	0.234	0.032
Valine.....g	0.313		0		1		0.089	0.316	0.044
Arginine.....g	0.275		0		1		0.078	0.278	0.039
Histidine.....g	0.161		0		1		0.046	0.163	0.023
Alanine.....g	0.226		0		1		0.064	0.228	0.032
Aspartic acid.....g	0.335		0		1		0.095	0.338	0.047
Glutamic acid.....g	2.175		0		1		0.617	2.197	0.305
Glycine.....g	0.231		0		1		0.065	0.233	0.032
Proline.....g	0.780		0		1		0.221	0.788	0.109
Serine.....g	0.352		0		1		0.100	0.356	0.049
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18016

Biscuits, plain or buttermilk, prepared from recipe

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 101g: 1 biscuit (4" dia)

Measure 3 = 14.0g: 1 small (1-1/2" dia)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18014

Biscuits, plain or buttermilk, refrigerated dough, higher fat

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	33.15	0.320	6	A	1		9.40	14.26	131.95
Energy.....kcal	322		0	NC	4		91	139	1283
Energy.....kJ	1349		0	NC	4		382	580	5368
Protein.....g	6.66	0.061	6	A	1		1.89	2.86	26.49
Total lipid (fat).....g	13.63	0.345	6	A	1		3.86	5.86	54.25
Ash.....g	3.30	0.086	6	A	1		0.93	1.42	13.12
Carbohydrate, by difference.....g	43.27		0	NC	4		12.27	18.60	172.20
Fiber, total dietary.....g	0.7	0.000	6	A	1		0.2	0.3	3.0
Sugars, total.....g	7.40	0.216	6	A	1		2.10	3.18	29.46
Starch.....g									
Minerals:									
Calcium, Ca.....mg	51	4.306	6	A	1		14	22	202
Iron, Fe.....mg	2.48	0.034	6	A	1		0.70	1.07	9.86
Magnesium, Mg.....mg	17	0.307	6	A	1		5	7	67
Phosphorus, P.....mg	470	7.639	6	A	1		133	202	1870
Potassium, K.....mg	162	11.066	5	A	1		46	69	643
Sodium, Na.....mg	999	8.424	6	A	1		283	430	3977
Zinc, Zn.....mg	0.50	0.023	6	A	1		0.14	0.22	2.01
Copper, Cu.....mg	0.090	0.006	6	A	1		0.026	0.039	0.358
Manganese, Mn.....mg	0.438	0.009	6	A	1		0.124	0.188	1.744
Selenium, Se.....µg	8.0		0	FLA	4		2.3	3.5	32.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.391	0.006	6	A	1		0.111	0.168	1.557
Riboflavin.....mg	0.290	0.013	6	A	1		0.082	0.125	1.155
Niacin.....mg	3.308	0.088	6	A	1		0.938	1.423	13.167
Pantothenic acid.....mg	0.346	0.038	6	A	1		0.098	0.149	1.378
Vitamin B-6.....mg	0.063	0.004	6	A	1		0.018	0.027	0.251
Folate, total.....µg	57		0	FLA	4		16	25	227
Folic acid.....µg	46		0	FLA	4		13	20	182
Folate, food.....µg	11		0	FLA	4		3	5	45
Folate, DFE.....mcg_DFE	89		0	NC	4		25	38	354
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.05		0	FLA	4		0.02	0.02	0.21
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE (3).....mcg_RAE	2		0	FLA	4		1	1	9
Retinol (4).....µg	2		0	FLA	4		1	1	8
Carotene, beta.....µg	0		0	FLA	4		0	0	2
Carotene, alpha.....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	0
Vitamin A, IU (1).....IU	8		0	FLA	4		2	3	32
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	8		0	FLA	4		2	3	30
Vitamin E (alpha-tocopherol).....mg	0.69	0.044	4	A	1		0.19	0.30	2.74
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phyloquinone).....µg	6.2	0.538	6	A	1		1.8	2.7	24.8
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 18014

Biscuits, plain or buttermilk, refrigerated dough, higher fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	3.519		0	NC	4				
4:0.....g	0.000		0	FLA	4	0.998	1.513	14.007	
6:0.....g	0.000		0	FLA	4	0.000	0.000	0.000	
8:0.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
10:0.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
12:0.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
13:0.....g									
14:0.....g	0.017	0.003	6	A	1	0.005	0.007	0.067	
15:0.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
16:0.....g	1.503	0.043	6	A	1	0.426	0.646	5.981	
17:0.....g	0.012	0.002	6	A	1	0.003	0.005	0.049	
18:0.....g	1.898	0.121	6	A	1	0.538	0.816	7.555	
20:0.....g	0.045	0.002	6	A	1	0.013	0.019	0.180	
22:0.....g	0.044	0.002	6	A	1	0.012	0.019	0.175	
24:0.....g	0.000		0	FLA	4	0.000	0.000	0.000	
Fatty acids, total monounsaturated.....g	8.226		0	NC	4	2.332	3.537	32.740	
14:1.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
15:1.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
16:1 undifferentiated.....g	0.011	0.002	6	A	1	0.003	0.005	0.045	
17:1.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
18:1 undifferentiated.....g	8.183	0.277	6	A	1	2.320	3.519	32.570	
20:1.....g	0.031	0.002	6	A	1	0.009	0.013	0.125	
22:1 undifferentiated.....g	0.000		0	FLA	4	0.000	0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.854		0	NC	4	0.242	0.367	3.399	
18:2 undifferentiated.....g	0.809	0.055	6	A	1	0.229	0.348	3.220	
18:3 undifferentiated.....g	0.045		0	AS	1	0.013	0.019	0.180	
18:3 n-3 c,c,c (ALA).....g	0.045	0.002	6	A	1	0.013	0.019	0.180	
18:3 n-6 c,c,c.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0	FLA	4	0.000	0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4	0.000	0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4	0.000	0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol (2).....mg	1		0	FLA	4	0	0	4	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.064		0	FLA	4	0.018	0.027	0.254	
Threonine.....g	0.171		0	FLA	4	0.049	0.074	0.682	
Isoleucine.....g	0.215		0	FLA	4	0.061	0.092	0.855	
Leucine.....g	0.393		0	FLA	4	0.111	0.169	1.564	
Lysine.....g	0.206		0	FLA	4	0.058	0.088	0.819	
Methionine.....g	0.095		0	FLA	4	0.027	0.041	0.377	
Cystine.....g	0.123		0	FLA	4	0.035	0.053	0.490	
Phenylalanine.....g	0.240		0	FLA	4	0.068	0.103	0.953	
Tyrosine.....g	0.101		0	FLA	4	0.029	0.044	0.404	
Valine.....g	0.256		0	FLA	4	0.073	0.110	1.020	
Arginine.....g	0.210		0	FLA	4	0.059	0.090	0.834	
Histidine.....g	0.121		0	FLA	4	0.034	0.052	0.481	
Alanine.....g	0.172		0	FLA	4	0.049	0.074	0.684	
Aspartic acid.....g	0.266		0	FLA	4	0.075	0.114	1.057	
Glutamic acid.....g	1.578		0	FLA	4	0.447	0.679	6.280	
Glycine.....g	0.177		0	FLA	4	0.050	0.076	0.703	

NDB No. 18014

Biscuits, plain or buttermilk, refrigerated dough, higher fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Proline.....g	0.574		0	FLA	4	0.163	0.247	2.283
Serine.....g	0.246		0	FLA	4	0.070	0.106	0.977
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	FLA	4	0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4	0	0	0
Theobromine.....mg	0		0	FLA	4	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 43g: 1 biscuit

Measure 3 = 398g: 1 package

Footnotes:

- 1 value based on product containing buttermilk
- 2 value based on product containing buttermilk
- 3 value based on product containing buttermilk
- 4 value based on product containing buttermilk

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18015

Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	27.33	0.465	6	A	1		7.75	7.38	
Energy.....kcal	352		0	NC	4		100	95	
Energy.....kJ	1472		0	NC	4		417	397	
Protein.....g	7.38	0.062	6	A	1		2.09	1.99	
Total lipid (fat).....g	15.09	0.537	6	A	1		4.28	4.07	
Ash.....g	3.57	0.063	6	A	1		1.01	0.96	
Carbohydrate, by difference.....g	46.63		0	NC	4		13.22	12.59	
Fiber, total dietary.....g	0.9	0.175	6	A	1		0.3	0.2	
Sugars, total.....g	8.02	0.257	5	A	1		2.27	2.17	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	54	4.537	6	A	1		15	15	
Iron, Fe.....mg	2.68	0.030	6	A	1		0.76	0.72	
Magnesium, Mg.....mg	18	0.262	6	A	1		5	5	
Phosphorus, P.....mg	511	8.139	6	A	1		145	138	
Potassium, K.....mg	177	10.665	5	A	1		50	48	
Sodium, Na.....mg	1080	15.492	6	A	1		306	292	
Zinc, Zn.....mg	0.53	0.022	6	A	1		0.15	0.14	
Copper, Cu.....mg	0.088	0.003	6	A	1		0.025	0.024	
Manganese, Mn.....mg	0.472	0.012	6	A	1		0.134	0.128	
Selenium, Se.....µg	8.7		0	RA	4		2.5	2.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	RA	4		0.0	0.0	
Thiamin.....mg	0.401	0.006	6	A	1		0.114	0.108	
Riboflavin.....mg	0.309	0.010	6	A	1		0.088	0.083	
Niacin.....mg	3.548	0.093	6	A	1		1.006	0.958	
Pantothenic acid.....mg	0.397	0.030	6	A	1		0.113	0.107	
Vitamin B-6.....mg	0.066	0.004	6	A	1		0.019	0.018	
Folate, total.....µg	43		0	RA	4		12	12	
Folic acid.....µg	35		0	RA	4		10	9	
Folate, food.....µg	9		0	RA	4		2	2	
Folate, DFE.....mcg_DFE	68		0	NC	4		19	18	
Choline, total.....mg	19.8		0	BFZN	4		5.6	5.4	
Betaine.....mg									
Vitamin B-12.....µg	0.06		0	RA	4		0.02	0.02	
Vitamin B-12, added.....µg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE (3).....mcg_RAE	2		0	RA	4		1	1	
Retinol (2).....µg	2		0	RA	4		1	1	
Carotene, beta.....µg	0		0	RA	4		0	0	
Carotene, alpha.....µg	0		0	RA	4		0	0	
Cryptoxanthin, beta.....µg	0		0	RA	4		0	0	
Vitamin A, IU (1).....IU	8		0	RA	4		2	2	
Lycopene.....µg	0		0	RA	4		0	0	
Lutein + zeaxanthin.....µg	7		0	RA	4		2	2	
Vitamin E (alpha-tocopherol).....mg	0.79	0.054	4	A	1		0.22	0.21	
Vitamin E, added.....mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	6.6	1.090	6	A	1		1.9	1.8	
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									
Lipids:									

NDB No. 18015

Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	3.823		0	NC	4		1.084	1.032	
4:0.....g	0.000		0	RA	4		0.000	0.000	
6:0.....g	0.000		0	RA	4		0.000	0.000	
8:0.....g	0.000	0.000	6	A	1		0.000	0.000	
10:0.....g	0.000	0.000	6	A	1		0.000	0.000	
12:0.....g	0.000	0.000	6	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.014	0.005	6	A	1		0.004	0.004	
15:0.....g	0.000	0.000	6	A	1		0.000	0.000	
16:0.....g	1.637	0.054	6	A	1		0.464	0.442	
17:0.....g	0.005	0.003	6	A	1		0.001	0.001	
18:0.....g	2.069	0.155	6	A	1		0.586	0.559	
20:0.....g	0.049	0.002	6	A	1		0.014	0.013	
22:0.....g	0.049	0.002	6	A	1		0.014	0.013	
24:0.....g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total monounsaturated.....g	8.963		0	NC	4		2.541	2.420	
14:1.....g	0.000	0.000	6	A	1		0.000	0.000	
15:1.....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.005	0.003	6	A	1		0.002	0.001	
17:1.....g	0.000	0.000	6	A	1		0.000	0.000	
18:1 undifferentiated.....g	8.924	0.338	6	A	1		2.530	2.409	
20:1.....g	0.034	0.002	6	A	1		0.010	0.009	
22:1 undifferentiated.....g	0.000		0	RA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.937		0	NC	4		0.266	0.253	
18:2 undifferentiated.....g	0.886	0.044	6	A	1		0.251	0.239	
18:3 undifferentiated.....g	0.050		0	AS	1		0.014	0.014	
18:3 n-3 c,c,c (ALA).....g	0.050	0.003	6	A	1		0.014	0.014	
18:3 n-6 c,c,c.....g	0.000	0.000	6	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	RA	4		0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	6	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	6	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	6	A	1		0.000	0.000	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0	RA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total trans.....g	4.695		0	RA	4		1.331	1.268	
Cholesterol (4).....mg	1		0	RA	4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.069		0	RA	4		0.020	0.019	
Threonine.....g	0.186		0	RA	4		0.053	0.050	
Isoleucine.....g	0.233		0	RA	4		0.066	0.063	
Leucine.....g	0.427		0	RA	4		0.121	0.115	
Lysine.....g	0.224		0	RA	4		0.063	0.060	
Methionine.....g	0.103		0	RA	4		0.029	0.028	
Cystine.....g	0.134		0	RA	4		0.038	0.036	
Phenylalanine.....g	0.260		0	RA	4		0.074	0.070	
Tyrosine.....g	0.110		0	RA	4		0.031	0.030	
Valine.....g	0.278		0	RA	4		0.079	0.075	
Arginine.....g	0.228		0	RA	4		0.065	0.062	
Histidine.....g	0.131		0	RA	4		0.037	0.035	
Alanine.....g	0.187		0	RA	4		0.053	0.050	
Aspartic acid.....g	0.289		0	RA	4		0.082	0.078	
Glutamic acid.....g	1.715		0	RA	4		0.486	0.463	
Glycine.....g	0.192		0	RA	4		0.054	0.052	

NDB No. 18015

Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proline.....g	0.623		0	RA	4		0.177	0.168	
Serine.....g	0.267		0	RA	4		0.076	0.072	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 27g: 1 biscuit (2-1/2" dia)

Footnotes:

- 1 value based on product containing buttermilk
- 2 value based on product containing buttermilk
- 3 value based on product containing buttermilk
- 4 value based on product containing buttermilk

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18012

Biscuits, plain or buttermilk, refrigerated dough, low er fat

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	37.90	0.370	29		1		10.74	8.72	
Energy.....kcal	257		0	NC	4		73	59	
Energy.....kJ	1074		0	NC	4		305	247	
Protein (N x 5.7).....g	6.70	0.064	29		1		1.90	1.54	
Total lipid (fat).....g	4.50	0.345	29		1		1.28	1.04	
Ash.....g	3.30	0.020	29		1		0.94	0.76	
Carbohydrate, by difference.....g	47.60		0	NC	4		13.49	10.95	
Fiber, total dietary.....g	1.6		0		4		0.5	0.4	
Sugars, total.....g	7.00		0	FLA	4		1.98	1.61	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	17	0.716	23		1		5	4	
Iron, Fe.....mg	2.66	0.129	14		1		0.75	0.61	
Magnesium, Mg.....mg	15	0.512	23		1		4	3	
Phosphorus, P.....mg	400	14.152	23		1		113	92	
Potassium, K.....mg	159	32.660	19		1		45	37	
Sodium, Na.....mg	987		0	LC	8		280	227	
Zinc, Zn.....mg	0.39	0.018	23		1		0.11	0.09	
Copper, Cu.....mg	0.079	0.005	23		1		0.022	0.018	
Manganese, Mn.....mg	0.301		1		1		0.085	0.069	
Selenium, Se.....µg	18.9		0	FLA	4		5.4	4.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.448	0.021	9		1		0.127	0.103	
Riboflavin.....mg	0.222	0.009	15		1		0.063	0.051	
Niacin.....mg	3.295	0.119	13		1		0.934	0.758	
Pantothenic acid.....mg	0.367		1		1		0.104	0.084	
Vitamin B-6.....mg	0.024		0	FLA	4		0.007	0.006	
Folate, total.....µg	102		0	FLA	4		29	23	
Folic acid.....µg	96		0	O	4		27	22	
Folate, food.....µg	6		0		4		2	1	
Folate, DFE.....mcg_DFE	169		0	NC	4		48	39	
Choline, total.....mg	19.2		0	A	1		5.5	4.4	
Betaine.....mg	41.8		0	A	1		11.9	9.6	
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	FLA	4		0	0	
Carotene, beta.....µg	0		0	Z	7		0	0	
Carotene, alpha.....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	0		0		1		0	0	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	10		0	FLA	4		3	2	
Vitamin E (alpha-tocopherol).....mg	0.06		0	FLA	4		0.02	0.01	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	1.9		0	FLA	4		0.5	0.4	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Biscuits, plain or buttermilk, refrigerated dough, lower fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.113		0		4		0.316	0.256	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.020		0		4		0.006	0.005	
15:0.....g									
16:0.....g	0.596		0		4		0.169	0.137	
17:0.....g									
18:0.....g	0.497		0		4		0.141	0.114	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.405		0		4		0.682	0.553	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	2.405		0		4		0.682	0.553	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.671		0		4		0.190	0.154	
18:2 undifferentiated.....g	0.637		0		4		0.181	0.147	
18:3 undifferentiated.....g	0.034		0		4		0.010	0.008	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.082		0		1		0.023	0.019	
Threonine.....g	0.182		0		1		0.052	0.042	
Isoleucine.....g	0.231		0		1		0.065	0.053	
Leucine.....g	0.461		0		1		0.131	0.106	
Lysine.....g	0.148		0		1		0.042	0.034	
Methionine.....g	0.118		0		1		0.033	0.027	
Cystine.....g	0.142		0		1		0.040	0.033	
Phenylalanine.....g	0.337		0		1		0.096	0.078	
Tyrosine.....g	0.202		0		1		0.057	0.046	
Valine.....g	0.269		0		1		0.076	0.062	
Arginine.....g	0.270		0		1		0.077	0.062	
Histidine.....g	0.149		0		1		0.042	0.034	
Alanine.....g	0.215		0		1		0.061	0.049	
Aspartic acid.....g	0.282		0		1		0.080	0.065	
Glutamic acid.....g	2.251		0		1		0.638	0.518	
Glycine.....g	0.240		0		1		0.068	0.055	
Proline.....g	0.775		0		1		0.220	0.178	
Serine.....g	0.333		0		1		0.094	0.077	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18012

Biscuits, plain or buttermilk, refrigerated dough, lower fat

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Measure 1	Measure 2	Measure 3
			of Data	Code	Code			
		Points	Code	Code				

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 23g: 1 biscuit (2" dia)

Calories Factors: Protein 4

Fat 8.8

Carbohydrate4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18013

Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	27.70		0		1		7.85	5.82	
Energy.....kcal	300		0	NC	4		85	63	
Energy.....kJ	1254		0	NC	4		355	263	
Protein (N x 0).....g	7.80		0		1		2.21	1.64	
Total lipid (fat).....g	5.20		0		1		1.47	1.09	
Ash.....g	3.80		0		1		1.08	0.80	
Carbohydrate, by difference.....g	55.40		0	NC	4		15.71	11.63	
Fiber, total dietary.....g	1.9		0		4		0.5	0.4	
Sugars, total.....g	8.14		0	RK	4		2.31	1.71	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	19		0		1		5	4	
Iron, Fe.....mg	3.09		0		1		0.88	0.65	
Magnesium, Mg.....mg	17		0		1		5	4	
Phosphorus, P.....mg	465		0		1		132	98	
Potassium, K.....mg	185		0		1		52	39	
Sodium, Na.....mg	1000		0	LC	8		284	210	
Zinc, Zn.....mg	0.46		0		1		0.13	0.10	
Copper, Cu.....mg	0.092		0		1		0.026	0.019	
Manganese, Mn.....mg	0.350		0		1		0.099	0.074	
Selenium, Se.....µg	17.8	1.057	36	A	1		5.0	3.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.417		0		1		0.118	0.088	
Riboflavin.....mg	0.232		0		1		0.066	0.049	
Niacin.....mg	3.448		0		1		0.978	0.724	
Pantothenic acid.....mg	0.277		0		1		0.079	0.058	
Vitamin B-6.....mg	0.029		0		4		0.008	0.006	
Folate, total.....µg	83		0	RK	4		24	17	
Folic acid.....µg	78		0	RK	4		22	16	
Folate, food.....µg	5		0		4		1	1	
Folate, DFE.....mcg_DFE	138		0	NC	4		39	29	
Choline, total.....mg	19.8		0	A	1		5.6	4.2	
Betaine.....mg	45.4		0	A	1		12.9	9.5	
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	RK	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	RK	4		0	0	
Carotene, beta.....µg	0		0	RK	4		0	0	
Carotene, alpha.....µg	0		0	RK	4		0	0	
Cryptoxanthin, beta.....µg	0		0	RK	4		0	0	
Vitamin A, IU.....IU	0		0		1		0	0	
Lycopene.....µg	0		0	RK	4		0	0	
Lutein + zeaxanthin.....µg	11		0	RK	4		3	2	
Vitamin E (alpha-tocopherol).....mg	0.07		0	RK	4		0.02	0.02	
Vitamin E, added.....mg	0.00		0	RK	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	2.2		0	RK	4		0.6	0.5	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.294		0		1		0.367	0.272	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.024		0		1		0.007	0.005	
15:0.....g									
16:0.....g	0.693		0		1		0.196	0.146	
17:0.....g									
18:0.....g	0.578		0		1		0.164	0.121	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.797		0		1		0.793	0.587	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	2.797		0		1		0.793	0.587	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.780		0		1		0.221	0.164	
18:2 undifferentiated.....g	0.740		0		1		0.210	0.155	
18:3 undifferentiated.....g	0.040		0		1		0.011	0.008	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.095		0		1		0.027	0.020	
Threonine.....g	0.211		0		1		0.060	0.044	
Isoleucine.....g	0.269		0		1		0.076	0.056	
Leucine.....g	0.536		0		1		0.152	0.113	
Lysine.....g	0.172		0		1		0.049	0.036	
Methionine.....g	0.138		0		1		0.039	0.029	
Cystine.....g	0.165		0		1		0.047	0.035	
Phenylalanine.....g	0.391		0		1		0.111	0.082	
Tyrosine.....g	0.235		0		1		0.067	0.049	
Valine.....g	0.312		0		1		0.088	0.066	
Arginine.....g	0.314		0		1		0.089	0.066	
Histidine.....g	0.173		0		1		0.049	0.036	
Alanine.....g	0.250		0		1		0.071	0.053	
Aspartic acid.....g	0.327		0		1		0.093	0.069	
Glutamic acid.....g	2.618		0		1		0.742	0.550	
Glycine.....g	0.280		0		1		0.079	0.059	
Proline.....g	0.902		0		1		0.256	0.189	
Serine.....g	0.387		0		1		0.110	0.081	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	RK	4		0	0	
Theobromine.....mg	0		0	RK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18013

Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 21g: 1 biscuit (2-1/4" dia)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18079

Bread crumbs, dry, grated, plain

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 108g: 1 cup

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18376

Bread crumbs, dry, grated, seasoned

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 120g: 1 cup

Calories Factors: Protein 4

Fat 8.4

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18080
Bread sticks, plain

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	6.10		2		1		2.81	0.31	0.61
Energy.....kcal	412		0	NC	4		190	21	41
Energy.....kJ	1724		0	NC	4		793	86	172
Protein (N x 5.7).....g	12.00	0.351	8		1		5.52	0.60	1.20
Total lipid (fat).....g	9.50	1.657	7		1		4.37	0.48	0.95
Ash.....g	3.90		2		1		1.79	0.20	0.39
Carbohydrate, by difference.....g	68.40		0	NC	4		31.46	3.42	6.84
Fiber, total dietary.....g	3.0		0		4		1.4	0.2	0.3
Sugars, total.....g	1.26		0	FLA	4		0.58	0.06	0.13
Starch.....g									
Minerals:									
Calcium, Ca.....mg	22	3.244	4		1		10	1	2
Iron, Fe.....mg	4.28	0.398	8		1		1.97	0.21	0.43
Magnesium, Mg.....mg	32	0.810	4		1		15	2	3
Phosphorus, P.....mg	121	12.613	4		1		56	6	12
Potassium, K.....mg	124	33.598	5		1		57	6	12
Sodium, Na.....mg	657	88.439	10		1		302	33	66
Zinc, Zn.....mg	0.88	0.096	4		1		0.40	0.04	0.09
Copper, Cu.....mg	0.188	0.027	4		1		0.086	0.009	0.019
Manganese, Mn.....mg	0.557		2		1		0.256	0.028	0.056
Selenium, Se.....µg	37.5		0	FLA	4		17.3	1.9	3.8
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.589	0.039	8		1		0.271	0.029	0.059
Riboflavin.....mg	0.553	0.056	8		1		0.254	0.028	0.055
Niacin.....mg	5.281	0.435	8		1		2.429	0.264	0.528
Pantothenic acid.....mg	0.540	0.118	4		1		0.248	0.027	0.054
Vitamin B-6.....mg	0.073		2		1		0.034	0.004	0.007
Folate, total.....µg	162		0	FLA	4		75	8	16
Folic acid.....µg	132		0		4		61	7	13
Folate, food.....µg	30		0		4		14	2	3
Folate, DFE.....mcg_DFE	254		0	NC	4		117	13	25
Choline, total.....mg	14.6		0	BFZN	4		6.7	0.7	1.5
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....µg	0		0	FLA	4		0	0	0
Carotene, beta.....µg	1		0	FLA	4		0	0	0
Carotene, alpha.....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	0
Vitamin A, IU.....IU	0		0		1		0	0	0
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	65		0	FLA	4		30	3	7
Vitamin E (alpha-tocopherol).....mg	1.01		0	FLA	4		0.46	0.05	0.10
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	2.2		0	FLA	4		1.0	0.1	0.2
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									
Lipids:									

NDB No. 18080
Bread sticks, plain

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.410		0	FLA	4		0.649	0.071	0.141
4:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
12:0.....g	0.001		0	FLA	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.009		0	FLA	4		0.004	0.000	0.001
15:0.....g									
16:0.....g	0.981		0	FLA	4		0.451	0.049	0.098
17:0.....g									
18:0.....g	0.406		0	FLA	4		0.187	0.020	0.041
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.568		0	FLA	4		1.641	0.178	0.357
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.066		0	FLA	4		0.030	0.003	0.007
17:1.....g									
18:1 undifferentiated.....g	3.494		0	FLA	4		1.607	0.175	0.349
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.628		0	FLA	4		1.669	0.181	0.363
18:2 undifferentiated.....g	3.377		0	FLA	4		1.553	0.169	0.338
18:3 undifferentiated.....g	0.244		0	FLA	4		0.112	0.012	0.024
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.000	3		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.139		0		1		0.064	0.007	0.014
Threonine.....g	0.338		0		1		0.155	0.017	0.034
Isoleucine.....g	0.458		0		1		0.211	0.023	0.046
Leucine.....g	0.835		0		1		0.384	0.042	0.084
Lysine.....g	0.281		0		1		0.129	0.014	0.028
Methionine.....g	0.212		0		1		0.098	0.011	0.021
Cystine.....g	0.262		0		1		0.121	0.013	0.026
Phenylalanine.....g	0.590		0		1		0.271	0.030	0.059
Tyrosine.....g	0.338		0		1		0.155	0.017	0.034
Valine.....g	0.516		0		1		0.237	0.026	0.052
Arginine.....g	0.432		0		1		0.199	0.022	0.043
Histidine.....g	0.258		0		1		0.119	0.013	0.026
Alanine.....g	0.395		0		1		0.182	0.020	0.040
Aspartic acid.....g	0.535		0		1		0.246	0.027	0.054
Glutamic acid.....g	4.026		0		1		1.852	0.201	0.403
Glycine.....g	0.422		0		1		0.194	0.021	0.042
Proline.....g	1.350		0		1		0.621	0.068	0.135
Serine.....g	0.579		0		1		0.266	0.029	0.058
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18080
Bread sticks, plain

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 46g: 1 cup, small pieces
- Measure 2 = 5.0g: 1 stick, small (approx 4-1/4" long)
- Measure 3 = 10.0g: 1 stick (7-5/8" x 5/8")

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18081
Bread stuffing, bread, dry mix

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	4.20	0.303	11		1		1.19	7.14	
Energy.....kcal	386		0	NC	4		109	656	
Energy.....kJ	1615		0		4		458	2746	
Protein (N x 5.7).....g	11.00	0.065	59		1		3.12	18.70	
Total lipid (fat).....g	3.40	0.050	58		1		0.96	5.78	
Ash.....g	5.20	0.192	11		1		1.47	8.84	
Carbohydrate, by difference.....g	76.20		0	NC	4		21.60	129.54	
Fiber, total dietary.....g	3.2		0		4		0.9	5.4	
Sugars, total.....g	8.27		0	FLA	4		2.35	14.07	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	97	1.978	49		1		27	165	
Iron, Fe.....mg	3.81	0.067	63		1		1.08	6.48	
Magnesium, Mg.....mg	40	0.932	10		1		11	68	
Phosphorus, P.....mg	141	3.824	10		1		40	240	
Potassium, K.....mg	246	10.715	19		1		70	418	
Sodium, Na.....mg	1405		0	LC	8		398	2389	
Zinc, Zn.....mg	0.93	0.027	10		1		0.26	1.58	
Copper, Cu.....mg	0.238	0.020	10		1		0.067	0.405	
Manganese, Mn.....mg	0.594	0.031	5		1		0.168	1.010	
Selenium, Se.....µg	48.0	4.562	5	A	1		13.6	81.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.596	0.008	58		1		0.169	1.013	
Riboflavin.....mg	0.404	0.006	58		1		0.115	0.687	
Niacin.....mg	5.766	0.066	58		1		1.635	9.802	
Pantothenic acid.....mg	0.398	0.078	8		1		0.113	0.677	
Vitamin B-6.....mg	0.152	0.004	5		1		0.043	0.258	
Folate, total.....µg	168		0	FLA	4		48	286	
Folic acid.....µg	82		0		4		23	139	
Folate, food.....µg	86	1.782	5		1		24	146	
Folate, DFE.....mcg_DFE	225		0	NC	4		64	383	
Choline, total.....mg	14.6		0	BFZN	4		4.1	24.9	
Betaine.....mg									
Vitamin B-12.....µg	0.02	0.004	5		1		0.01	0.03	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	FLA	4		0	0	
Carotene, beta.....µg	1		0	FLA	4		0	1	
Carotene, alpha.....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	1	
Vitamin A, IU.....IU	2		0	NC	4		0	3	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	72		0	FLA	4		20	123	
Vitamin E (alpha-tocopherol).....mg	0.38		0	FLA	4		0.11	0.65	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	1.1		0	FLA	4		0.3	1.8	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 18081
Bread stuffing, bread, dry mix

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.845		0		4		0.240	1.437	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.002		0		4		0.001	0.003	
13:0.....g									
14:0.....g	0.019		0		4		0.005	0.032	
15:0.....g									
16:0.....g	0.560		0		4		0.159	0.952	
17:0.....g									
18:0.....g	0.265		0		4		0.075	0.451	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.493		0		4		0.423	2.538	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.074		0		4		0.021	0.126	
17:1.....g									
18:1 undifferentiated.....g	1.406		0		4		0.399	2.390	
20:1.....g	0.013		0		4		0.004	0.022	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.713		0		4		0.202	1.212	
18:2 undifferentiated.....g	0.675		0		4		0.191	1.148	
18:3 undifferentiated.....g	0.037		0		4		0.010	0.063	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		4		0.000	0.002	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0	FLA	4		0	2	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.139		0		1		0.039	0.236	
Threonine.....g	0.329		0		1		0.093	0.559	
Isoleucine.....g	0.404		0		1		0.115	0.687	
Leucine.....g	0.774		0		1		0.219	1.316	
Lysine.....g	0.317		0		1		0.090	0.539	
Methionine.....g	0.193		0		1		0.055	0.328	
Cystine.....g	0.224		0		1		0.064	0.381	
Phenylalanine.....g	0.553		0		1		0.157	0.940	
Tyrosine.....g	0.342		0		1		0.097	0.581	
Valine.....g	0.464		0		1		0.132	0.789	
Arginine.....g	0.470		0		1		0.133	0.799	
Histidine.....g	0.251		0		1		0.071	0.427	
Alanine.....g	0.389		0		1		0.110	0.661	
Aspartic acid.....g	0.553		0		1		0.157	0.940	
Glutamic acid.....g	3.488		0		1		0.989	5.930	
Glycine.....g	0.408		0		1		0.116	0.694	
Proline.....g	1.192		0		1		0.338	2.026	
Serine.....g	0.551		0		1		0.156	0.937	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18081

Bread stuffing, bread, dry mix

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Deriv	Source	Measure 1	Measure 2	Measure 3
			of Data	Code	Confidence			
			Points	Code	Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 170g: 1 package (6 oz)

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18082

Bread stuffing, bread, dry mix, prepared

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	64.80		0		1		18.37	64.80	
Energy.....kcal	177		0	NC	4		50	177	
Energy.....kJ	741		0	NC	4		210	741	
Protein (N x 0).....g	3.20		0		1		0.91	3.20	
Total lipid (fat).....g	8.60		0		1		2.44	8.60	
Ash.....g	1.70		0		1		0.48	1.70	
Carbohydrate, by difference.....g	21.70		0	NC	4		6.15	21.70	
Fiber, total dietary.....g	2.9		0		1		0.8	2.9	
Sugars, total.....g	2.11		0	RA	4		0.60	2.11	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	32		0		1		9	32	
Iron, Fe.....mg	1.09		0		1		0.31	1.09	
Magnesium, Mg.....mg	12		0		1		3	12	
Phosphorus, P.....mg	42		0		1		12	42	
Potassium, K.....mg	74		0		1		21	74	
Sodium, Na.....mg	524		0	NR	4		149	524	
Zinc, Zn.....mg	0.28		0		1		0.08	0.28	
Copper, Cu.....mg	0.072		0		1		0.020	0.072	
Manganese, Mn.....mg	0.169		0		1		0.048	0.169	
Selenium, Se.....µg	49.8		0	RK	4		14.1	49.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.136		0		1		0.039	0.136	
Riboflavin.....mg	0.107		0		1		0.030	0.107	
Niacin.....mg	1.475		0		1		0.418	1.475	
Pantothenic acid.....mg	0.081		0		1		0.023	0.081	
Vitamin B-6.....mg	0.040		0		1		0.011	0.040	
Folate, total.....µg	39		0	RA	4		11	39	
Folic acid.....µg	22		0		4		6	22	
Folate, food.....µg	17		0		1		5	17	
Folate, DFE.....mcg_DFE	54		0	NC	4		15	54	
Choline, total.....mg	5.3		0	RA	4		1.5	5.3	
Betaine.....mg									
Vitamin B-12.....µg	0.01		0		1		0.00	0.01	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	118		0	NC	4		33	118	
Retinol.....µg	111		0	RA	4		31	111	
Carotene, beta.....µg	88		0	RA	4		25	88	
Carotene, alpha.....µg	0		0	RA	4		0	0	
Cryptoxanthin, beta.....µg	0		0	RA	4		0	0	
Vitamin A, IU.....IU	313		0		4		89	313	
Lycopene.....µg	0		0	RA	4		0	0	
Lutein + zeaxanthin.....µg	18		0	RA	4		5	18	
Vitamin E (alpha-tocopherol).....mg	1.40		0	RA	4		0.40	1.40	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	13.7		0	RA	4		3.9	13.7	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Bread stuffing, bread, dry mix, prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.734		0		1		0.492	1.734	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.024		0		1		0.007	0.024	
15:0.....g									
16:0.....g	1.076		0		1		0.305	1.076	
17:0.....g									
18:0.....g	0.633		0		1		0.179	0.633	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.808		0		1		1.080	3.808	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.021		0		1		0.006	0.021	
17:1.....g									
18:1 undifferentiated.....g	3.784		0		1		1.073	3.784	
20:1.....g	0.004		0		1		0.001	0.004	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.604		0		1		0.738	2.604	
18:2 undifferentiated.....g	2.489		0		1		0.706	2.489	
18:3 undifferentiated.....g	0.114		0		1		0.032	0.114	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.041		0		1		0.012	0.041	
Threonine.....g	0.097		0		1		0.027	0.097	
Isoleucine.....g	0.120		0		1		0.034	0.120	
Leucine.....g	0.228		0		1		0.065	0.228	
Lysine.....g	0.096		0		1		0.027	0.096	
Methionine.....g	0.057		0		1		0.016	0.057	
Cystine.....g	0.064		0		1		0.018	0.064	
Phenylalanine.....g	0.161		0		1		0.046	0.161	
Tyrosine.....g	0.101		0		1		0.029	0.101	
Valine.....g	0.137		0		1		0.039	0.137	
Arginine.....g	0.136		0		1		0.039	0.136	
Histidine.....g	0.074		0		1		0.021	0.074	
Alanine.....g	0.113		0		1		0.032	0.113	
Aspartic acid.....g	0.163		0		1		0.046	0.163	
Glutamic acid.....g	1.007		0		1		0.285	1.007	
Glycine.....g	0.118		0		1		0.033	0.118	
Proline.....g	0.346		0		1		0.098	0.346	
Serine.....g	0.161		0		1		0.046	0.161	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18082

Bread stuffing, bread, dry mix, prepared

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 100g: .5 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

Bread stuffing, cornbread, dry mix

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points		Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code			
6:0.....g							
8:0.....g							
10:0.....g							
12:0.....g	0.002		0	4	0.001	0.003	
13:0.....g							
14:0.....g	0.017		0	4	0.005	0.029	
15:0.....g							
16:0.....g	0.624		0	4	0.177	1.061	
17:0.....g							
18:0.....g	0.276		0	4	0.078	0.469	
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	1.662		0	4	0.471	2.825	
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.066		0	4	0.019	0.112	
17:1.....g							
18:1 undifferentiated.....g	1.587		0	4	0.450	2.698	
20:1.....g	0.009		0	4	0.003	0.015	
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	1.073		0	4	0.304	1.824	
18:2 undifferentiated.....g	1.025		0	4	0.291	1.743	
18:3 undifferentiated.....g	0.047		0	4	0.013	0.080	
18:4.....g							
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.001		0	4	0.000	0.002	
20:5 n-3 (EPA).....g							
22:5 n-3 (DPA).....g							
22:6 n-3 (DHA).....g							
Fatty acids, total trans.....g							
Cholesterol.....mg	0		1	1	0	0	
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.105		0	1	0.030	0.179	
Threonine.....g	0.320		0	1	0.091	0.544	
Isoleucine.....g	0.364		0	1	0.103	0.619	
Leucine.....g	0.873		0	1	0.247	1.484	
Lysine.....g	0.278		0	1	0.079	0.473	
Methionine.....g	0.186		0	1	0.053	0.316	
Cystine.....g	0.197		0	1	0.056	0.335	
Phenylalanine.....g	0.498		0	1	0.141	0.847	
Tyrosine.....g	0.344		0	1	0.098	0.585	
Valine.....g	0.447		0	1	0.127	0.760	
Arginine.....g	0.441		0	1	0.125	0.750	
Histidine.....g	0.251		0	1	0.071	0.427	
Alanine.....g	0.481		0	1	0.136	0.818	
Aspartic acid.....g	0.546		0	1	0.155	0.928	
Glutamic acid.....g	2.735		0	1	0.775	4.650	
Glycine.....g	0.381		0	1	0.108	0.648	
Proline.....g	1.017		0	1	0.288	1.729	
Serine.....g	0.486		0	1	0.138	0.826	
Hydroxyproline.....g							
Others:							
Alcohol, ethyl.....g	0.0		0	RA 4	0.0	0.0	
Caffeine.....mg							
Theobromine.....mg							

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18084

Bread stuffing, cornbread, dry mix

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 170g: 1 package (6 oz)

Calories Factors: Protein 3.8

Fat 8.7

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18085

Bread stuffing, cornbread, dry mix, prepared

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	64.90		0		4		18.40	64.90	
Energy.....kcal	179		0		4		51	179	
Energy.....kJ	749		0		4		212	749	
Protein (N x 0).....g	2.90		0		4		0.82	2.90	
Total lipid (fat).....g	8.80		0		4		2.49	8.80	
Ash.....g	1.50		0		4		0.43	1.50	
Carbohydrate, by difference.....g	21.90		0		4		6.21	21.90	
Fiber, total dietary.....g	2.9		0		4		0.8	2.9	
Sugars, total.....g	3.92		0		4		1.11	3.92	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	26		0		4		7	26	
Iron, Fe.....mg	0.94		0		4		0.27	0.94	
Magnesium, Mg.....mg	13		0		4		4	13	
Phosphorus, P.....mg	34		0		4		10	34	
Potassium, K.....mg	62		0		4		18	62	
Sodium, Na.....mg	455		0		4		129	455	
Zinc, Zn.....mg	0.23		0		4		0.07	0.23	
Copper, Cu.....mg	0.069		0		4		0.020	0.069	
Manganese, Mn.....mg	0.114		0		4		0.032	0.114	
Selenium, Se.....µg	30.7		0	RK	4		8.7	30.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.8		0		4		0.2	0.8	
Thiamin.....mg	0.117		0		4		0.033	0.117	
Riboflavin.....mg	0.092		0		4		0.026	0.092	
Niacin.....mg	1.247		0		4		0.354	1.247	
Pantothenic acid.....mg	0.060		0		4		0.017	0.060	
Vitamin B-6.....mg	0.038		0		4		0.011	0.038	
Folate, total.....µg	97		0	FLA	4		27	97	
Folic acid.....µg	89		0	NC	4		25	89	
Folate, food.....µg	8		0		4		2	8	
Folate, DFE.....mcg_DFE	159		0	NC	4		45	159	
Choline, total.....mg	3.8		0	RK	4		1.1	3.8	
Betaine.....mg									
Vitamin B-12.....µg	0.01		0		4		0.00	0.01	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	78		0	NC	4		22	78	
Retinol.....µg	73		0	RA	4		21	73	
Carotene, beta.....µg	58		0	RA	4		16	58	
Carotene, alpha.....µg	0		0	RA	4		0	0	
Cryptoxanthin, beta.....µg	0		0	RA	4		0	0	
Vitamin A, IU.....IU	340		0	NC	4		96	340	
Lycopene.....µg	0		0	RA	4		0	0	
Lutein + zeaxanthin.....µg	0		0	RA	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.85		0	RA	4		0.24	0.85	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	8.8		0	RA	4		2.5	8.8	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Bread stuffing, cornbread, dry mix, prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Fatty acids, total saturated.....g	1.755		0		4		0.498	1.755	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.001		0		4		0.000	0.001	
13:0.....g									
14:0.....g	0.024		0		4		0.007	0.024	
15:0.....g									
16:0.....g	1.094		0		4		0.310	1.094	
17:0.....g									
18:0.....g	0.636		0		4		0.180	0.636	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.856		0		4		1.093	3.856	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.019		0		4		0.005	0.019	
17:1.....g									
18:1 undifferentiated.....g	3.835		0		4		1.087	3.835	
20:1.....g	0.003		0		4		0.001	0.003	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.706		0		4		0.767	2.706	
18:2 undifferentiated.....g	2.588		0		4		0.734	2.588	
18:3 undifferentiated.....g	0.117		0		4		0.033	0.117	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.031		0		4		0.009	0.031	
Threonine.....g	0.095		0		4		0.027	0.095	
Isoleucine.....g	0.108		0		4		0.031	0.108	
Leucine.....g	0.256		0		4		0.073	0.256	
Lysine.....g	0.085		0		4		0.024	0.085	
Methionine.....g	0.055		0		4		0.016	0.055	
Cystine.....g	0.057		0		4		0.016	0.057	
Phenylalanine.....g	0.145		0		4		0.041	0.145	
Tyrosine.....g	0.101		0		4		0.029	0.101	
Valine.....g	0.132		0		4		0.037	0.132	
Arginine.....g	0.128		0		4		0.036	0.128	
Histidine.....g	0.073		0		4		0.021	0.073	
Alanine.....g	0.139		0		4		0.039	0.139	
Aspartic acid.....g	0.161		0		4		0.046	0.161	
Glutamic acid.....g	0.793		0		4		0.225	0.793	
Glycine.....g	0.110		0		4		0.031	0.110	
Proline.....g	0.296		0		4		0.084	0.296	
Serine.....g	0.142		0		4		0.040	0.142	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18085

Bread stuffing, cornbread, dry mix, prepared

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 100g: .5 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

Bread, Multi-Grain (includes whole-grain)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7	0	0	0	
Vitamin K (phylloquinone).....µg	1.4		0	FLA	4	0.4	0.4	0.6	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.872		0	NC	4	0.247	0.227	0.358	
4:0.....g	0.000		0	FLA	4	0.000	0.000	0.000	
6:0.....g	0.000		0	FLA	4	0.000	0.000	0.000	
8:0.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
10:0.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
12:0.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
13:0.....g									
14:0.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
15:0.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
16:0.....g	0.510	0.052	4	A	1	0.145	0.133	0.209	
17:0.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
18:0.....g	0.355	0.060	4	A	1	0.101	0.092	0.146	
20:0.....g	0.002	0.002	4	A	1	0.001	0.001	0.001	
22:0.....g	0.005	0.005	4	A	1	0.001	0.001	0.002	
24:0.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
Fatty acids, total monounsaturated.....g	0.760		0	NC	4	0.215	0.198	0.311	
14:1.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
15:1.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
16:1 undifferentiated.....g	0.017	0.003	4	A	1	0.005	0.005	0.007	
17:1.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
18:1 undifferentiated.....g	0.730	0.148	4	A	1	0.207	0.190	0.299	
20:1.....g	0.012	0.003	4	A	1	0.004	0.003	0.005	
22:1 undifferentiated.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
24:1 c.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
Fatty acids, total polyunsaturated.....g	1.872		0	NC	4	0.531	0.487	0.768	
18:2 undifferentiated.....g	1.667	0.356	4	A	1	0.473	0.434	0.684	
18:3 undifferentiated.....g	0.205	0.072	4	A	1	0.058	0.053	0.084	
18:4.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
20:4 undifferentiated.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
22:5 n-3 (DPA).....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
Fatty acids, total trans.....g	0.000		0	FLA	4	0.000	0.000	0.000	
Cholesterol.....mg	0		0	FLA	4	0	0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.124		0	FLA	4	0.035	0.032	0.051	
Threonine.....g	0.271		0	FLA	4	0.077	0.070	0.111	
Isoleucine.....g	0.323		0	FLA	4	0.091	0.084	0.132	
Leucine.....g	0.556		0	FLA	4	0.158	0.145	0.228	
Lysine.....g	0.289		0	FLA	4	0.082	0.075	0.118	
Methionine.....g	0.138		0	FLA	4	0.039	0.036	0.056	
Cystine.....g	0.176		0	FLA	4	0.050	0.046	0.072	
Phenylalanine.....g	0.387		0	FLA	4	0.110	0.101	0.159	
Tyrosine.....g	0.236		0	FLA	4	0.067	0.061	0.097	
Valine.....g	0.397		0	FLA	4	0.113	0.103	0.163	
Arginine.....g	0.485		0	FLA	4	0.137	0.126	0.199	
Histidine.....g	0.198		0	FLA	4	0.056	0.051	0.081	
Alanine.....g	0.341		0	FLA	4	0.097	0.089	0.140	
Aspartic acid.....g	0.554		0	FLA	4	0.157	0.144	0.227	
Glutamic acid.....g	2.195		0	FLA	4	0.622	0.571	0.900	
Glycine.....g	0.374		0	FLA	4	0.106	0.097	0.153	
Proline.....g	0.706		0	FLA	4	0.200	0.183	0.289	
Serine.....g	0.381		0	FLA	4	0.108	0.099	0.156	

NDB No. 18035

Bread, Multi-Grain (includes whole-grain)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code						
Hydroxyproline.....g										
Others:										
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	0	
Theobromine.....mg	0		0	FLA	4		0	0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 28.35g: 1 oz
- Measure 2 = 26g: 1 slice regular
- Measure 3 = 41g: 1 slice large

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18036

Bread, Multi-Grain, toasted (includes whole-grain)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7	0	0	0	
Vitamin K (phylloquinone).....µg	1.5		0	RK	4	0.4	0.4	0.6	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.948		0	RK	4	0.269	0.228	0.360	
4:0.....g	0.000		0	RK	4	0.000	0.000	0.000	
6:0.....g	0.000		0	RK	4	0.000	0.000	0.000	
8:0.....g	0.000		0	RK	4	0.000	0.000	0.000	
10:0.....g	0.000		0	RK	4	0.000	0.000	0.000	
12:0.....g	0.000		0	RK	4	0.000	0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	RK	4	0.000	0.000	0.000	
15:0.....g	0.000		0	RK	4	0.000	0.000	0.000	
16:0.....g	0.554		0	RK	4	0.157	0.133	0.211	
17:0.....g	0.000		0	RK	4	0.000	0.000	0.000	
18:0.....g	0.386		0	RK	4	0.109	0.093	0.147	
20:0.....g	0.003		0	RK	4	0.001	0.001	0.001	
22:0.....g	0.005		0	RK	4	0.002	0.001	0.002	
24:0.....g	0.000		0	RK	4	0.000	0.000	0.000	
Fatty acids, total monounsaturated.....g	0.826		0	RK	4	0.234	0.198	0.314	
14:1.....g	0.000		0	RK	4	0.000	0.000	0.000	
15:1.....g	0.000		0	RK	4	0.000	0.000	0.000	
16:1 undifferentiated.....g	0.019		0	RK	4	0.005	0.005	0.007	
17:1.....g	0.000		0	RK	4	0.000	0.000	0.000	
18:1 undifferentiated.....g	0.793		0	RK	4	0.225	0.190	0.301	
20:1.....g	0.013		0	RK	4	0.004	0.003	0.005	
22:1 undifferentiated.....g	0.000		0	RK	4	0.000	0.000	0.000	
24:1 c.....g	0.000		0	RK	4	0.000	0.000	0.000	
Fatty acids, total polyunsaturated.....g	2.035		0	RK	4	0.577	0.488	0.773	
18:2 undifferentiated.....g	1.812		0	RK	4	0.514	0.435	0.689	
18:3 undifferentiated.....g	0.223		0	RK	4	0.063	0.053	0.085	
18:4.....g	0.000		0	RK	4	0.000	0.000	0.000	
20:2 n-6 c,c.....g	0.000		0	RK	4	0.000	0.000	0.000	
20:3 undifferentiated.....g	0.000		0	RK	4	0.000	0.000	0.000	
20:4 undifferentiated.....g	0.000		0	RK	4	0.000	0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	RK	4	0.000	0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	RK	4	0.000	0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	RK	4	0.000	0.000	0.000	
Fatty acids, total trans.....g	0.000		0	RK	4	0.000	0.000	0.000	
Cholesterol.....mg	0		0	RK	4	0	0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.135		0	RK	4	0.038	0.032	0.051	
Threonine.....g	0.294		0	RK	4	0.083	0.071	0.112	
Isoleucine.....g	0.351		0	RK	4	0.099	0.084	0.133	
Leucine.....g	0.604		0	RK	4	0.171	0.145	0.230	
Lysine.....g	0.314		0	RK	4	0.089	0.075	0.119	
Methionine.....g	0.150		0	RK	4	0.042	0.036	0.057	
Cystine.....g	0.191		0	RK	4	0.054	0.046	0.073	
Phenylalanine.....g	0.421		0	RK	4	0.119	0.101	0.160	
Tyrosine.....g	0.256		0	RK	4	0.073	0.061	0.097	
Valine.....g	0.432		0	RK	4	0.122	0.104	0.164	
Arginine.....g	0.527		0	RK	4	0.149	0.126	0.200	
Histidine.....g	0.215		0	RK	4	0.061	0.052	0.082	
Alanine.....g	0.371		0	RK	4	0.105	0.089	0.141	
Aspartic acid.....g	0.602		0	RK	4	0.171	0.144	0.229	
Glutamic acid.....g	2.386		0	RK	4	0.676	0.573	0.907	
Glycine.....g	0.407		0	RK	4	0.115	0.098	0.155	
Proline.....g	0.767		0	RK	4	0.217	0.184	0.291	
Serine.....g	0.414		0	RK	4	0.117	0.099	0.157	

NDB No. 18036

Bread, Multi-Grain, toasted (includes whole-grain)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Confidence Code					
Hydroxyproline.....g										
Others:										
Alcohol, ethyl.....g	0.0		0	RK	4		0.0	0.0	0.0	
Caffeine.....mg	0		0	RK	4		0	0	0	
Theobromine.....mg	0		0	RK	4		0	0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 28.35g: 1 oz
- Measure 2 = 24g: 1 slice regular
- Measure 3 = 38g: 1 slice large

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18019

Bread, banana, prepared from recipe, made with margarine

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	29.20		0		1		8.28	16.64	17.52
Energy.....kcal	326		0	NC	4		92	186	196
Energy.....kJ	1364				4		387	777	818
Protein (N x 0).....g	4.30		0		1		1.22	2.45	2.58
Total lipid (fat).....g	10.50		0		1		2.98	5.99	6.30
Ash.....g	1.00		0		1		0.28	0.57	0.60
Carbohydrate, by difference.....g	54.60		0	NC	4		15.48	31.12	32.76
Fiber, total dietary.....g	1.1		0		4		0.3	0.6	0.7
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	21		0		1		6	12	13
Iron, Fe.....mg	1.40		0		1		0.40	0.80	0.84
Magnesium, Mg.....mg	14		0		1		4	8	8
Phosphorus, P.....mg	58		0		1		16	33	35
Potassium, K.....mg	134		0		1		38	76	80
Sodium, Na.....mg	302		0		1		86	172	181
Zinc, Zn.....mg	0.35		0		1		0.10	0.20	0.21
Copper, Cu.....mg	0.072		0		1		0.020	0.041	0.043
Manganese, Mn.....mg	0.209		0		1		0.059	0.119	0.125
Selenium, Se.....µg	12.1		0	RK	4		3.4	6.9	7.3
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.7		0		1		0.5	1.0	1.0
Thiamin.....mg	0.172		0		1		0.049	0.098	0.103
Riboflavin.....mg	0.200		0		1		0.057	0.114	0.120
Niacin.....mg	1.446		0		1		0.410	0.824	0.868
Pantothenic acid.....mg	0.268		0		1		0.076	0.153	0.161
Vitamin B-6.....mg	0.150		0		1		0.043	0.086	0.090
Folate, total.....µg	33		0	RK	4		9	19	20
Folic acid.....µg	22		0	NC	4		6	13	13
Folate, food.....µg	11		0		1		3	6	7
Folate, DFE.....mcg_DFE	48		0	NC	4		14	28	29
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.10		0		1		0.03	0.06	0.06
Vitamin A, RAE.....mcg_RAE	106		0	NC	4		30	60	63
Retinol.....µg	97		0	RK	4		27	55	58
Carotene, beta.....µg	102		0	RK	4		29	58	61
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	493		0	NC	4		140	281	296
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	2.237		0		1		0.634	1.275	1.342
4:0.....g	0.004		0		1		0.001	0.002	0.002

NDB No. 18019

Bread, banana, prepared from recipe, made with margarine

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points					
6:0.....g	0.002		0		1	0.001	0.001	0.001
8:0.....g	0.002		0		1	0.001	0.001	0.001
10:0.....g	0.004		0		1	0.001	0.002	0.002
12:0.....g	0.004		0		1	0.001	0.002	0.002
13:0.....g								
14:0.....g	0.039		0		1	0.011	0.022	0.023
15:0.....g								
16:0.....g	1.417		0		1	0.402	0.808	0.850
17:0.....g								
18:0.....g	0.761		0		1	0.216	0.434	0.457
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	4.480		0		1	1.270	2.554	2.688
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.036		0		1	0.010	0.021	0.022
17:1.....g								
18:1 undifferentiated.....g	4.440		0		1	1.259	2.531	2.664
20:1.....g	0.003		0		1	0.001	0.002	0.002
22:1 undifferentiated.....g	0.000		0		1	0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	3.130		0		1	0.887	1.784	1.878
18:2 undifferentiated.....g	2.968		0		1	0.841	1.692	1.781
18:3 undifferentiated.....g	0.143		0		1	0.041	0.082	0.086
18:4.....g	0.000		0		1	0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.014		0		1	0.004	0.008	0.008
20:5 n-3 (EPA).....g	0.000		0		1	0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0		1	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.004		0		1	0.001	0.002	0.002
Fatty acids, total trans.....g								
Cholesterol.....mg	43		0		1	12	25	26
Phytosterols.....mg	34		0		1	10	19	20
Amino Acids:								
Tryptophan.....g	0.053		0		1	0.015	0.030	0.032
Threonine.....g	0.150		0		1	0.043	0.086	0.090
Isoleucine.....g	0.182		0		1	0.052	0.104	0.109
Leucine.....g	0.327		0		1	0.093	0.186	0.196
Lysine.....g	0.180		0		1	0.051	0.103	0.108
Methionine.....g	0.094		0		1	0.027	0.054	0.056
Cystine.....g	0.090		0		1	0.026	0.051	0.054
Phenylalanine.....g	0.218		0		1	0.062	0.124	0.131
Tyrosine.....g	0.148		0		1	0.042	0.084	0.089
Valine.....g	0.209		0		1	0.059	0.119	0.125
Arginine.....g	0.199		0		1	0.056	0.113	0.119
Histidine.....g	0.113		0		1	0.032	0.064	0.068
Alanine.....g	0.170		0		1	0.048	0.097	0.102
Aspartic acid.....g	0.281		0		1	0.080	0.160	0.169
Glutamic acid.....g	1.113		0		1	0.316	0.634	0.668
Glycine.....g	0.149		0		1	0.042	0.085	0.089
Proline.....g	0.384		0		1	0.109	0.219	0.230
Serine.....g	0.247		0		1	0.070	0.141	0.148
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	RK	4	0	0	0
Theobromine.....mg	0		0	RK	4	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18019

Bread, banana, prepared from recipe, made with margarine

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 1 individual loaf (include Keebler Elfin Loaves)

Measure 3 = 60g: 1 slice

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18021
Bread, boston brown, canned

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	47.20	4.111	3		1		13.38	21.24	
Energy.....kcal	195		0	NC	4		55	88	
Energy.....kJ	817		0	NC	4		232	368	
Protein (N x 5.9).....g	5.20	0.932	3		1		1.47	2.34	
Total lipid (fat).....g	1.50	0.356	4		1		0.43	0.68	
Ash.....g	2.80	0.444	5		1		0.79	1.26	
Carbohydrate, by difference.....g	43.30		0	NC	4		12.28	19.49	
Fiber, total dietary.....g	4.7		0		1		1.3	2.1	
Sugars, total.....g	2.42		0	FLC	4		0.69	1.09	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	70	20.064	3		1		20	32	
Iron, Fe.....mg	2.10	0.750	3		1		0.60	0.95	
Magnesium, Mg.....mg	63	13.865	3		1		18	28	
Phosphorus, P.....mg	112		2		1		32	50	
Potassium, K.....mg	318	66.076	3		1		90	143	
Sodium, Na.....mg	631	109.775	3		1		179	284	
Zinc, Zn.....mg	0.50	0.202	3		1		0.14	0.23	
Copper, Cu.....mg	0.080		2		1		0.023	0.036	
Manganese, Mn.....mg	1.020	0.191	3		1		0.289	0.459	
Selenium, Se.....µg	21.9		0	FLA	4		6.2	9.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.014	0.001	8		1		0.004	0.006	
Riboflavin.....mg	0.115	0.006	9		1		0.033	0.052	
Niacin.....mg	1.120	0.034	9		1		0.318	0.504	
Pantothenic acid.....mg	0.566	0.013	9		1		0.160	0.255	
Vitamin B-6.....mg	0.082		1		1		0.023	0.037	
Folate, total.....µg	11		0	FLA	4		3	5	
Folic acid.....µg	4		0	NC	4		1	2	
Folate, food.....µg	7	0.458	9		1		2	3	
Folate, DFE.....mcg_DFE	14		0	NC	4		4	6	
Choline, total.....mg	23.5		0	FLC	4		6.7	10.6	
Betaine.....mg									
Vitamin B-12.....µg	0.01		1		1		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	25		0	NC	4		7	11	
Retinol.....µg	25		0	FLA	4		7	11	
Carotene, beta.....µg	2		0	FLA	4		1	1	
Carotene, alpha.....µg	1		0	FLA	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	87		1		1		25	39	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	71		0	FLA	4		20	32	
Vitamin E (alpha-tocopherol).....mg	0.32		0	FLA	4		0.09	0.15	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	2.5		0	FLA	4		0.7	1.1	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 18021
Bread, boston brown, canned

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number	Deriv Code	Source Code	measures of food			
			of Data Points			Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.282		0		1		0.080	0.127	
4:0.....g	0.005		0		1		0.001	0.002	
6:0.....g	0.003		0		1		0.001	0.001	
8:0.....g	0.002		0		1		0.001	0.001	
10:0.....g	0.004		0		1		0.001	0.002	
12:0.....g	0.004		0		1		0.001	0.002	
13:0.....g									
14:0.....g	0.017		0		1		0.005	0.008	
15:0.....g									
16:0.....g	0.217		0		1		0.062	0.098	
17:0.....g									
18:0.....g	0.029		0		1		0.008	0.013	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.207		0		1		0.059	0.093	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0		1		0.003	0.005	
17:1.....g									
18:1 undifferentiated.....g	0.195		0		1		0.055	0.088	
20:1.....g	0.003		0		1		0.001	0.001	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.564		0		1		0.160	0.254	
18:2 undifferentiated.....g	0.511		0		1		0.145	0.230	
18:3 undifferentiated.....g	0.052		0		1		0.015	0.023	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0	FLA	4		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.073		0		1		0.021	0.033	
Threonine.....g	0.162		0		1		0.046	0.073	
Isoleucine.....g	0.186		0		1		0.053	0.084	
Leucine.....g	0.350		0		1		0.099	0.158	
Lysine.....g	0.156		0		1		0.044	0.070	
Methionine.....g	0.092		0		1		0.026	0.041	
Cystine.....g	0.116		0		1		0.033	0.052	
Phenylalanine.....g	0.233		0		1		0.066	0.105	
Tyrosine.....g	0.148		0		1		0.042	0.067	
Valine.....g	0.233		0		1		0.066	0.105	
Arginine.....g	0.255		0		1		0.072	0.115	
Histidine.....g	0.128		0		1		0.036	0.058	
Alanine.....g	0.203		0		1		0.058	0.091	
Aspartic acid.....g	0.324		0		1		0.092	0.146	
Glutamic acid.....g	1.537		0		1		0.436	0.692	
Glycine.....g	0.203		0		1		0.058	0.091	
Proline.....g	0.498		0		1		0.141	0.224	
Serine.....g	0.251		0		1		0.071	0.113	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18021
Bread, boston brown, canned

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Measure 1	Measure 2	Measure 3
			of Data	Code	Code			
		Points	Code	Code	Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 45g: 1 slice

Calories Factors: Protein 3.5

Fat 8.4

Carbohydrate 3.8

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18972

Bread, cheese

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	21.13		0	FLC	4		10.14		
Energy.....kcal	408		0	NC	4		196		
Energy.....kJ	1709		0	NC	4		820		
Protein.....g	10.42		1	LC	8		5.00		
Total lipid (fat).....g	20.83		1	LC	8		10.00		
Ash.....g	2.79		0	FLC	4		1.34		
Carbohydrate, by difference.....g	44.83		0	NC	4		21.52		
Fiber, total dietary.....g	2.1		1	LC	8		1.0		
Sugars, total.....g	2.08		1	LC	8		1.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	90		0	FLC	4		43		
Iron, Fe.....mg	2.49		0	FLC	4		1.19		
Magnesium, Mg.....mg	17		0	FLC	4		8		
Phosphorus, P.....mg	120		0	FLC	4		58		
Potassium, K.....mg	84		0	FLC	4		40		
Sodium, Na.....mg	750		1	LC	8		360		
Zinc, Zn.....mg	0.96		0	FLC	4		0.46		
Copper, Cu.....mg	0.086		0	FLC	4		0.041		
Manganese, Mn.....mg	0.366		0	FLC	4		0.176		
Selenium, Se.....µg	19.8		0	FLC	4		9.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLC	4		0.0		
Thiamin.....mg	0.433		0	FLC	4		0.208		
Riboflavin.....mg	0.303		0	FLC	4		0.145		
Niacin.....mg	3.279		0	FLC	4		1.574		
Pantothenic acid.....mg	0.350		0	FLC	4		0.168		
Vitamin B-6.....mg	0.048		0	FLC	4		0.023		
Folate, total.....µg	107		0	FLC	4		51		
Folic acid.....µg	75		0	FLC	4		36		
Folate, food.....µg	32		0	FLC	4		15		
Folate, DFE.....mcg_DFE	159		0	NC	4		76		
Choline, total.....mg	8.5		0	FLC	4		4.1		
Betaine.....mg	35.5		0	FLC	4		17.0		
Vitamin B-12.....µg	0.24		0	FLC	4		0.12		
Vitamin B-12, added.....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE.....mcg_RAE	24		0	FLC	4		11		
Retinol.....µg	23		0	FLC	4		11		
Carotene, beta.....µg	9		0	FLC	4		5		
Carotene, alpha.....µg	1		0	FLC	4		1		
Cryptoxanthin, beta.....µg	0		0	FLC	4		0		
Vitamin A, IU.....IU	93		0	NC	4		45		
Lycopene.....µg	0		0	FLC	4		0		
Lutein + zeaxanthin.....µg	45		0	FLC	4		21		
Vitamin E (alpha-tocopherol).....mg	1.49		0	FLC	4		0.71		
Vitamin E, added.....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.1		0	FLC	4		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	2		0	FLC	4		1		
Vitamin K (phylloquinone).....µg	32.4		0	FLC	4		15.6		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Fatty acids, total saturated.....g	6.250		1	LC	8		3.000		
4:0.....g	0.153		0	FLC	4		0.073		
6:0.....g	0.073		0	FLC	4		0.035		
8:0.....g	0.043		0	FLC	4		0.021		
10:0.....g	0.096		0	FLC	4		0.046		
12:0.....g	0.111		0	FLC	4		0.053		
13:0.....g	0.000		0	FLC	4		0.000		
14:0.....g	0.401		0	FLC	4		0.192		
15:0.....g	0.000		0	FLC	4		0.000		
16:0.....g	3.623		0	FLC	4		1.739		
17:0.....g	0.008		0	FLC	4		0.004		
18:0.....g	1.485		0	FLC	4		0.713		
20:0.....g	0.086		0	FLC	4		0.041		
22:0.....g	0.087		0	FLC	4		0.042		
24:0.....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated.....g	4.339		0	FLC	4		2.082		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated.....g	0.076		0	FLC	4		0.037		
17:1.....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated.....g	4.174		0	FLC	4		2.004		
20:1.....g	0.039		0	FLC	4		0.019		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated.....g	9.203		0	FLC	4		4.417		
18:2 undifferentiated.....g	8.105		0	FLC	4		3.890		
18:3 undifferentiated.....g	1.097		0	FLC	4		0.527		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.000		1	LC	8		0.000		
Cholesterol.....mg	10		1	LC	8		5		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 48g: 1 slice

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18022

Bread, cornbread, dry mix, enriched (includes corn muffin mix)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	7.80	0.162	46		1		2.21	18.80	
Energy.....kcal	418		0	NC	4		119	1007	
Energy.....kJ	1749		0		4		496	4215	
Protein (N x 6).....g	7.00	0.077	56		1		1.98	16.87	
Total lipid (fat).....g	12.20	0.128	54		1		3.46	29.40	
Ash.....g	3.60	0.060	46		1		1.02	8.68	
Carbohydrate, by difference.....g	69.50		0	NC	4		19.70	167.50	
Fiber, total dietary.....g	6.5		0		1		1.8	15.7	
Sugars, total.....g	20.34		0	FLA	4		5.77	49.02	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	57	3.755	29		1		16	137	
Iron, Fe.....mg	2.50	0.119	42		1		0.71	6.03	
Magnesium, Mg.....mg	24	1.229	21		1		7	58	
Phosphorus, P.....mg	489	11.566	45		1		139	1178	
Potassium, K.....mg	113	3.064	43		1		32	272	
Sodium, Na.....mg	817		0	LC	8		232	1969	
Zinc, Zn.....mg	0.57	0.026	22		1		0.16	1.37	
Copper, Cu.....mg	0.085	0.002	22		1		0.024	0.205	
Manganese, Mn.....mg	0.315		2		1		0.089	0.759	
Selenium, Se.....µg	5.6	1.299	3	A	1		1.6	13.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	FLA	4		0.0	0.2	
Thiamin.....mg	0.427	0.030	39		1		0.121	1.029	
Riboflavin.....mg	0.272	0.026	39		1		0.077	0.656	
Niacin.....mg	3.342	0.190	37		1		0.947	8.054	
Pantothenic acid.....mg	0.480	0.079	20		1		0.136	1.157	
Vitamin B-6.....mg	0.128	0.011	20		1		0.036	0.308	
Folate, total.....µg	93		0	FLA	4		26	225	
Folic acid.....µg	82		0	FLA	4		23	198	
Folate, food.....µg	11	0.918	13		1		3	27	
Folate, DFE.....mcg_DFE	150		0	NC	4		43	362	
Choline, total.....mg	7.1		0	FLC	4		2.0	17.0	
Betaine.....mg									
Vitamin B-12.....µg	0.09		0	FLA	4		0.03	0.22	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	19		0	NC	4		5	46	
Retinol.....µg	16		0	FLA	4		5	39	
Carotene, beta.....µg	28		0	FLA	4		8	67	
Carotene, alpha.....µg	18		0	FLA	4		5	43	
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	115		0	NC	4		33	278	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	391		0	FLA	4		111	942	
Vitamin E (alpha-tocopherol).....mg	0.16		0	FLA	4		0.05	0.38	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	5.0		0	FLA	4		1.4	12.1	
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									
Lipids:									

Bread, cornbread, dry mix, enriched (includes corn muffin mix)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	3.091		0	FLA	4		0.876	7.449	
4:0.....g	0.004		0	FLA	4		0.001	0.010	
6:0.....g	0.003		0	FLA	4		0.001	0.007	
8:0.....g	0.001		0	FLA	4		0.000	0.002	
10:0.....g	0.003		0	FLA	4		0.001	0.007	
12:0.....g	0.004		0	FLA	4		0.001	0.010	
13:0.....g									
14:0.....g	0.070		0	FLA	4		0.020	0.169	
15:0.....g									
16:0.....g	1.607		0	FLA	4		0.456	3.873	
17:0.....g									
18:0.....g	1.393		0	FLA	4		0.395	3.357	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.719		0	FLA	4		1.905	16.193	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0	FLA	4		0.001	0.010	
17:1.....g									
18:1 undifferentiated.....g	6.714		0	FLA	4		1.903	16.181	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.682		0	FLA	4		0.477	4.054	
18:2 undifferentiated.....g	1.599		0	FLA	4		0.453	3.854	
18:3 undifferentiated.....g	0.083		0	FLA	4		0.024	0.200	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	2		0	FLA	4		1	5	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.071		0		1		0.020	0.171	
Threonine.....g	0.224		0		1		0.064	0.540	
Isoleucine.....g	0.254		0		1		0.072	0.612	
Leucine.....g	0.632		0		1		0.179	1.523	
Lysine.....g	0.198		0		1		0.056	0.477	
Methionine.....g	0.133		0		1		0.038	0.321	
Cystine.....g	0.132		0		1		0.037	0.318	
Phenylalanine.....g	0.343		0		1		0.097	0.827	
Tyrosine.....g	0.241		0		1		0.068	0.581	
Valine.....g	0.320		0		1		0.091	0.771	
Arginine.....g	0.302		0		1		0.086	0.728	
Histidine.....g	0.177		0		1		0.050	0.427	
Alanine.....g	0.336		0		1		0.095	0.810	
Aspartic acid.....g	0.382		0		1		0.108	0.921	
Glutamic acid.....g	1.847		0		1		0.524	4.451	
Glycine.....g	0.254		0		1		0.072	0.612	
Proline.....g	0.715		0		1		0.203	1.723	
Serine.....g	0.336		0		1		0.095	0.810	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18022

Bread, cornbread, dry mix, enriched (includes corn muffin mix)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 241g: 1 package (8.5 oz)

Calories Factors: Protein 3.8

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18023

Bread, cornbread, dry mix, prepared

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	31.90		0		1		9.04	19.14	
Energy.....kcal	314		0	NC	4		89	188	
Energy.....kJ	1314		0		4		372	788	
Protein.....g	7.20		0		1		2.04	4.32	
Total lipid (fat).....g	10.00		0		1		2.84	6.00	
Ash.....g	2.70		0		1		0.77	1.62	
Carbohydrate, by difference.....g	48.10		0	NC	4		13.64	28.86	
Fiber, total dietary.....g	2.4		0		1		0.7	1.4	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	73		0		1		21	44	
Iron, Fe.....mg	1.90		0		1		0.54	1.14	
Magnesium, Mg.....mg	20		0		1		6	12	
Phosphorus, P.....mg	376		0		1		107	226	
Potassium, K.....mg	128		0		1		36	77	
Sodium, Na.....mg	778		0		1		221	467	
Zinc, Zn.....mg	0.63		0		1		0.18	0.38	
Copper, Cu.....mg	0.061		0		1		0.017	0.037	
Manganese, Mn.....mg	0.216		0		1		0.061	0.130	
Selenium, Se.....µg	9.9	0.531	3	A	1		2.8	5.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0		1		0.0	0.1	
Thiamin.....mg	0.244		0		1		0.069	0.146	
Riboflavin.....mg	0.270		0		1		0.077	0.162	
Niacin.....mg	2.057		0		1		0.583	1.234	
Pantothenic acid.....mg	0.441		0		1		0.125	0.265	
Vitamin B-6.....mg	0.104		0		1		0.029	0.062	
Folate, total.....µg	55		0	FLA	4		16	33	
Folic acid.....µg	44		0	NC	4		12	26	
Folate, food.....µg	11		0		1		3	7	
Folate, DFE.....mcg_DFE	86		0	NC	4		24	51	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.16		0		1		0.05	0.10	
Vitamin A, RAE.....mcg_RAE	44		0	NC	4		12	26	
Retinol.....µg	41		0	NC	4		12	25	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	205		0		1		58	123	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	2.739		0		1		0.777	1.643	
4:0.....g	0.016		0		1		0.005	0.010	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.010		0		1		0.003	0.006	
8:0.....g	0.006		0		1		0.002	0.004	
10:0.....g	0.013		0		1		0.004	0.008	
12:0.....g	0.015		0		1		0.004	0.009	
13:0.....g									
14:0.....g	0.094		0		1		0.027	0.056	
15:0.....g									
16:0.....g	1.476		0		1		0.418	0.886	
17:0.....g									
18:0.....g	1.101		0		1		0.312	0.661	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.140		0		1		1.457	3.084	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.053		0		1		0.015	0.032	
17:1.....g									
18:1 undifferentiated.....g	5.081		0		1		1.440	3.049	
20:1.....g	0.004		0		1		0.001	0.002	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.224		0		1		0.347	0.734	
18:2 undifferentiated.....g	1.135		0		1		0.322	0.681	
18:3 undifferentiated.....g	0.063		0		1		0.018	0.038	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.020		0		1		0.006	0.012	
20:5 n-3 (EPA).....g	0.001		0		1		0.000	0.001	
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g	0.005		0		1		0.001	0.003	
Fatty acids, total trans.....g									
Cholesterol.....mg	61		0		1		17	37	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.079		0		1		0.022	0.047	
Threonine.....g	0.267		0		1		0.076	0.160	
Isoleucine.....g	0.310		0		1		0.088	0.186	
Leucine.....g	0.646		0		1		0.183	0.388	
Lysine.....g	0.317		0		1		0.090	0.190	
Methionine.....g	0.163		0		1		0.046	0.098	
Cystine.....g	0.136		0		1		0.039	0.082	
Phenylalanine.....g	0.359		0		1		0.102	0.215	
Tyrosine.....g	0.269		0		1		0.076	0.161	
Valine.....g	0.371		0		1		0.105	0.223	
Arginine.....g	0.334		0		1		0.095	0.200	
Histidine.....g	0.181		0		1		0.051	0.109	
Alanine.....g	0.349		0		1		0.099	0.209	
Aspartic acid.....g	0.488		0		1		0.138	0.293	
Glutamic acid.....g	1.625		0		1		0.461	0.975	
Glycine.....g	0.245		0		1		0.069	0.147	
Proline.....g	0.621		0		1		0.176	0.373	
Serine.....g	0.396		0		1		0.112	0.238	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18023

Bread, cornbread, dry mix, prepared

Measure 2 = 60g: 1 piece

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18412

Bread, cornbread, dry mix, unenriched (includes corn muffin mix)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	7.80	0.162	46		1		2.21	18.80	
Energy.....kcal	418		0	NC	4		119	1007	
Energy.....kJ	1749				4		496	4215	
Protein (N x 5.7).....g	7.00	0.077	56		1		1.98	16.87	
Total lipid (fat).....g	12.20	0.128	54		1		3.46	29.40	
Ash.....g	3.60	0.060	46		1		1.02	8.68	
Carbohydrate, by difference.....g	69.50		0		4		19.70	167.50	
Fiber, total dietary.....g	6.5		0	BFZN	4		1.8	15.7	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	57	3.755	29		1		16	137	
Iron, Fe.....mg	0.59		0	BFZN	4		0.17	1.42	
Magnesium, Mg.....mg	24	1.229	21		1		7	58	
Phosphorus, P.....mg	489	11.566	45		1		139	1178	
Potassium, K.....mg	113	3.064	43		1		32	272	
Sodium, Na.....mg	1111	34.872	43		1		315	2678	
Zinc, Zn.....mg	0.57	0.026	22		1		0.16	1.37	
Copper, Cu.....mg	0.085	0.002	22		1		0.024	0.205	
Manganese, Mn.....mg	0.315		2		1		0.089	0.759	
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	BFZN	4		0.0	0.2	
Thiamin.....mg	0.046		0	BFZN	4		0.013	0.111	
Riboflavin.....mg	0.020		0	BFZN	4		0.006	0.048	
Niacin.....mg	0.937		0	BFZN	4		0.266	2.258	
Pantothenic acid.....mg	0.480	0.079	20		1		0.136	1.157	
Vitamin B-6.....mg	0.128	0.011	20		1		0.036	0.308	
Folate, total.....µg	11	0.918	13		1		3	27	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	11	0.918	13		1		3	27	
Folate, DFE.....mcg_DFE	11		0	NC	4		3	27	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.09		0	BFZN	4		0.03	0.22	
Vitamin A, RAE.....mcg_RAE	6		0	NC	4		2	14	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	115	33.732	3		1		33	277	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	3.091		0	BFZN	4		0.876	7.449	
4:0.....g	0.004		0	BFZN	4		0.001	0.010	

NDB No. 18412

Bread, cornbread, dry mix, unenriched (includes corn muffin mix)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.003		0	BFZN	4		0.001	0.007	
8:0.....g	0.001		0		4		0.000	0.002	
10:0.....g	0.003		0	BFZN	4		0.001	0.007	
12:0.....g	0.004		0	BFZN	4		0.001	0.010	
13:0.....g									
14:0.....g	0.070		0	BFZN	4		0.020	0.169	
15:0.....g									
16:0.....g	1.607		0	BFZN	4		0.456	3.873	
17:0.....g									
18:0.....g	1.393		0	BFZN	4		0.395	3.357	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.719		0	BFZN	4		1.905	16.193	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0	BFZN	4		0.001	0.010	
17:1.....g									
18:1 undifferentiated.....g	6.714		0	BFZN	4		1.903	16.181	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.682		0	BFZN	4		0.477	4.054	
18:2 undifferentiated.....g	1.599		0	BFZN	4		0.453	3.854	
18:3 undifferentiated.....g	0.083		0	BFZN	4		0.024	0.200	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	2		0	BFZN	4		1	5	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.071		0		4		0.020	0.171	
Threonine.....g	0.224		0		4		0.064	0.540	
Isoleucine.....g	0.254		0		4		0.072	0.612	
Leucine.....g	0.632		0		4		0.179	1.523	
Lysine.....g	0.198		0		4		0.056	0.477	
Methionine.....g	0.133		0		4		0.038	0.321	
Cystine.....g	0.132		0		4		0.037	0.318	
Phenylalanine.....g	0.343		0		4		0.097	0.827	
Tyrosine.....g	0.241		0		4		0.068	0.581	
Valine.....g	0.320		0		4		0.091	0.771	
Arginine.....g	0.302		0		4		0.086	0.728	
Histidine.....g	0.177		0		4		0.050	0.427	
Alanine.....g	0.336		0		4		0.095	0.810	
Aspartic acid.....g	0.382		0		4		0.108	0.921	
Glutamic acid.....g	1.847		0		4		0.524	4.451	
Glycine.....g	0.254		0		4		0.072	0.612	
Proline.....g	0.715		0		4		0.203	1.723	
Serine.....g	0.336		0		4		0.095	0.810	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18412

Bread, cornbread, dry mix, unenriched (includes corn muffin mix)

Measure 2 = 241g: 1 package (8.5 oz)

Calories Factors: Protein 4

Fat 8.4

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18024

Bread, cornbread, prepared from recipe, made with low fat (2%) milk

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	39.10		0		1		11.08	25.42	
Energy.....kcal	266		0	NC	4		75	173	
Energy.....kJ	1113				4		316	723	
Protein (N x 0).....g	6.70		0		1		1.90	4.36	
Total lipid (fat).....g	7.10		0		1		2.01	4.62	
Ash.....g	3.60		0		1		1.02	2.34	
Carbohydrate, by difference.....g	43.50		0	NC	4		12.33	28.28	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	249		0		1		71	162	
Iron, Fe.....mg	2.50		0		1		0.71	1.63	
Magnesium, Mg.....mg	25		0		1		7	16	
Phosphorus, P.....mg	169		0		1		48	110	
Potassium, K.....mg	147		0		1		42	96	
Sodium, Na.....mg	658		0		1		187	428	
Zinc, Zn.....mg	0.60		0		1		0.17	0.39	
Copper, Cu.....mg	0.051		0		1		0.014	0.033	
Manganese, Mn.....mg	0.118		0		1		0.033	0.077	
Selenium, Se.....µg	10.1		0	RK	4		2.9	6.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		0		1		0.1	0.2	
Thiamin.....mg	0.291		0		1		0.082	0.189	
Riboflavin.....mg	0.294		0		1		0.083	0.191	
Niacin.....mg	2.254		0		1		0.639	1.465	
Pantothenic acid.....mg	0.339		0		1		0.096	0.220	
Vitamin B-6.....mg	0.113		0		1		0.032	0.073	
Folate, total.....µg	77		0	FLA	4		22	50	
Folic acid.....µg	58		0	FLA	4		17	38	
Folate, food.....µg	19		0		1		5	12	
Folate, DFE.....mcg_DFE	118		0	NC	4		34	77	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.15		0		1		0.04	0.10	
Vitamin A, RAE.....mcg_RAE									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	277		0		1		79	180	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.555		0		1		0.441	1.011	
4:0.....g	0.027		0		1		0.008	0.018	

NDB No. 18024

Bread, cornbread, prepared from recipe, made with low fat (2%) milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.016		0		1		0.005	0.010	
8:0.....g	0.010		0		1		0.003	0.007	
10:0.....g	0.021		0		1		0.006	0.014	
12:0.....g	0.025		0		1		0.007	0.016	
13:0.....g									
14:0.....g	0.093		0		1		0.026	0.060	
15:0.....g									
16:0.....g	0.991		0		1		0.281	0.644	
17:0.....g									
18:0.....g	0.362		0		1		0.103	0.235	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.830		0		1		0.519	1.190	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.056		0		1		0.016	0.036	
17:1.....g									
18:1 undifferentiated.....g	1.759		0		1		0.499	1.143	
20:1.....g	0.012		0		1		0.003	0.008	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.206		0		1		0.909	2.084	
18:2 undifferentiated.....g	2.841		0		1		0.805	1.847	
18:3 undifferentiated.....g	0.349		0		1		0.099	0.227	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.012		0		1		0.003	0.008	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.003		0		1		0.001	0.002	
Fatty acids, total trans.....g									
Cholesterol.....mg	40		0		1		11	26	
Phytosterols.....mg	12		0		1		3	8	
Amino Acids:									
Tryptophan.....g	0.067		0		1		0.019	0.044	
Threonine.....g	0.259		0		1		0.073	0.168	
Isoleucine.....g	0.290		0		1		0.082	0.189	
Leucine.....g	0.678		0		1		0.192	0.441	
Lysine.....g	0.296		0		1		0.084	0.192	
Methionine.....g	0.152		0		1		0.043	0.099	
Cystine.....g	0.117		0		1		0.033	0.076	
Phenylalanine.....g	0.330		0		1		0.094	0.215	
Tyrosine.....g	0.268		0		1		0.076	0.174	
Valine.....g	0.357		0		1		0.101	0.232	
Arginine.....g	0.312		0		1		0.088	0.203	
Histidine.....g	0.181		0		1		0.051	0.118	
Alanine.....g	0.372		0		1		0.105	0.242	
Aspartic acid.....g	0.472		0		1		0.134	0.307	
Glutamic acid.....g	1.376		0		1		0.390	0.894	
Glycine.....g	0.231		0		1		0.065	0.150	
Proline.....g	0.571		0		1		0.162	0.371	
Serine.....g	0.356		0		1		0.101	0.231	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18024

Bread, cornbread, prepared from recipe, made with low fat (2%) milk

Measure 2 = 65g: 1 piece

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18025
Bread, cracked-w heat

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	35.80	0.436	23		1		10.15	1.15	10.74
Energy.....kcal	260		0	NC	4		74	8	78
Energy.....kJ	1088				4		308	35	326
Protein (N x 5.8).....g	8.70	0.159	27		1		2.47	0.28	2.61
Total lipid (fat).....g	3.90	0.171	27		1		1.11	0.12	1.17
Ash.....g	2.10	0.059	19		1		0.60	0.07	0.63
Carbohydrate, by difference.....g	49.50		0	NC	4		14.03	1.58	14.85
Fiber, total dietary.....g	5.5		0		1		1.6	0.2	1.7
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	43	5.290	27		1		12	1	13
Iron, Fe.....mg	2.81	0.185	26		1		0.80	0.09	0.84
Magnesium, Mg.....mg	52	2.764	13		1		15	2	16
Phosphorus, P.....mg	153	5.092	13		1		43	5	46
Potassium, K.....mg	177	6.187	15		1		50	6	53
Sodium, Na.....mg	538	11.700	21		1		153	17	161
Zinc, Zn.....mg	1.24	0.065	13		1		0.35	0.04	0.37
Copper, Cu.....mg	0.222	0.009	13		1		0.063	0.007	0.067
Manganese, Mn.....mg	1.371	0.089	13		1		0.389	0.044	0.411
Selenium, Se.....µg	25.3	0.970	3	A	1		7.2	0.8	7.6
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	0.0
Thiamin.....mg	0.358	0.019	26		1		0.101	0.011	0.107
Riboflavin.....mg	0.240	0.016	26		1		0.068	0.008	0.072
Niacin.....mg	3.671	0.188	26		1		1.041	0.117	1.101
Pantothenic acid.....mg	0.512	0.032	16		1		0.145	0.016	0.154
Vitamin B-6.....mg	0.304	0.202	14		1		0.086	0.010	0.091
Folate, total.....µg	61		0	FLA	4		17	2	18
Folic acid.....µg	22		0	NC	4		6	1	7
Folate, food.....µg	39	3.367	11		1		11	1	12
Folate, DFE.....mcg_DFE	76		0	NC	4		22	2	23
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.02		0	FLA	4		0.01	0.00	0.01
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	FLA	4		0	0	0
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.916		0		1		0.260	0.029	0.275
4:0.....g	0.000		0		1		0.000	0.000	0.000

NDB No. 18025
Bread, cracked-w heat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.001		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.017		0		1		0.005	0.001	0.005
15:0.....g									
16:0.....g	0.509		0		1		0.144	0.016	0.153
17:0.....g									
18:0.....g	0.386		0		1		0.109	0.012	0.116
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.902		0		1		0.539	0.061	0.571
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.011		0		1		0.003	0.000	0.003
17:1.....g									
18:1 undifferentiated.....g	1.892		0		1		0.536	0.061	0.568
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.682		0		1		0.193	0.022	0.205
18:2 undifferentiated.....g	0.648		0		1		0.184	0.021	0.194
18:3 undifferentiated.....g	0.033		0		1		0.009	0.001	0.010
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.112		0		1		0.032	0.004	0.034
Threonine.....g	0.261		0		1		0.074	0.008	0.078
Isoleucine.....g	0.338		0		1		0.096	0.011	0.101
Leucine.....g	0.606		0		1		0.172	0.019	0.182
Lysine.....g	0.244		0		1		0.069	0.008	0.073
Methionine.....g	0.148		0		1		0.042	0.005	0.044
Cystine.....g	0.190		0		1		0.054	0.006	0.057
Phenylalanine.....g	0.419		0		1		0.119	0.013	0.126
Tyrosine.....g	0.253		0		1		0.072	0.008	0.076
Valine.....g	0.387		0		1		0.110	0.012	0.116
Arginine.....g	0.348		0		1		0.099	0.011	0.104
Histidine.....g	0.193		0		1		0.055	0.006	0.058
Alanine.....g	0.306		0		1		0.087	0.010	0.092
Aspartic acid.....g	0.433		0		1		0.123	0.014	0.130
Glutamic acid.....g	2.770		0		1		0.785	0.089	0.831
Glycine.....g	0.321		0		1		0.091	0.010	0.096
Proline.....g	0.922		0		1		0.261	0.030	0.277
Serine.....g	0.417		0		1		0.118	0.013	0.125
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18025

Bread, cracked-w heat

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 3.2g: 1 cubic inch

Measure 3 = 30g: 1 slice, large or thick

Calories Factors: Protein 3.8

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18027

Bread, egg

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	34.70		0		1		9.84	13.88	
Energy.....kcal	283		0	NC	4		80	113	
Energy.....kJ	1185		0	NC	4		336	474	
Protein (N x 0).....g	9.50		0		1		2.69	3.80	
Total lipid (fat).....g	6.00		0		1		1.70	2.40	
Ash.....g	1.80		0		1		0.51	0.72	
Carbohydrate, by difference.....g	47.80		0	NC	4		13.55	19.12	
Fiber, total dietary.....g	2.3		0		4		0.7	0.9	
Sugars, total.....g	1.78		0	FLA	4		0.50	0.71	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	93		0		1		26	37	
Iron, Fe.....mg	3.04		0		1		0.86	1.22	
Magnesium, Mg.....mg	19		0		1		5	8	
Phosphorus, P.....mg	106		0		1		30	42	
Potassium, K.....mg	115		0		1		33	46	
Sodium, Na.....mg	412		0	LC	8		117	165	
Zinc, Zn.....mg	0.79		0		1		0.22	0.32	
Copper, Cu.....mg	0.162		0		1		0.046	0.065	
Manganese, Mn.....mg	0.500		0		1		0.142	0.200	
Selenium, Se.....µg	30.1		0	FLA	4		8.5	12.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.438		0		1		0.124	0.175	
Riboflavin.....mg	0.436		0		1		0.124	0.174	
Niacin.....mg	4.848		0		1		1.374	1.939	
Pantothenic acid.....mg	0.282		0		1		0.080	0.113	
Vitamin B-6.....mg	0.064		0		1		0.018	0.026	
Folate, total.....µg	105		0	CAZN	4		30	42	
Folic acid.....µg	35		0	NC	4		10	14	
Folate, food.....µg	70		0		1		20	28	
Folate, DFE.....mcg_DFE	130		0	NC	4		37	52	
Choline, total.....mg	84.0		0	FLC	4		23.8	33.6	
Betaine.....mg									
Vitamin B-12.....µg	0.10		0		1		0.03	0.04	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	63		0	FLA	4		18	25	
Retinol.....µg	63		0	FLA	4		18	25	
Carotene, beta.....µg	0		0	FLA	4		0	0	
Carotene, alpha.....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	211		0	FLA	4		60	85	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	45		0	FLA	4		13	18	
Vitamin E (alpha-tocopherol).....mg	0.26		0	FLA	4		0.08	0.11	
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.5		0	FLA	4		0.1	0.2	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	19		0	FLA	4		5	8	
Vitamin K (phylloquinone).....µg	0.9		0	FLA	4		0.2	0.3	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.593		0	FLA	4		0.452	0.637	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.001		0	FLA	4		0.000	0.000	
10:0.....g	0.001		0	FLA	4		0.000	0.000	
12:0.....g	0.001		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.020		0	FLA	4		0.006	0.008	
15:0.....g									
16:0.....g	1.082		0	FLA	4		0.307	0.433	
17:0.....g	0.006		0	FLA	4		0.002	0.002	
18:0.....g	0.463		0	FLA	4		0.131	0.185	
20:0.....g	0.003		0	FLA	4		0.001	0.001	
22:0.....g	0.004		0	FLA	4		0.001	0.002	
24:0.....g	0.001		0	FLA	4		0.000	0.000	
Fatty acids, total monounsaturated.....g	2.302		0	FLA	4		0.653	0.921	
14:1.....g	0.003		0	FLA	4		0.001	0.001	
15:1.....g									
16:1 undifferentiated.....g	0.108		0	FLA	4		0.031	0.043	
17:1.....g									
18:1 undifferentiated.....g	2.182		0	FLA	4		0.619	0.873	
20:1.....g	0.009		0	FLA	4		0.003	0.004	
22:1 undifferentiated.....g	0.001		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.106		0	FLA	4		0.314	0.442	
18:2 undifferentiated.....g	0.998		0	FLA	4		0.283	0.399	
18:3 undifferentiated.....g	0.048		0	FLA	4		0.014	0.019	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.046		0	FLA	4		0.013	0.018	
20:5 n-3 (EPA).....g	0.001		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.012		0	FLA	4		0.003	0.005	
Fatty acids, total trans.....g									
Cholesterol.....mg	51		0		1		14	20	
Phytosterols.....mg	7		0		4		2	3	
Amino Acids:									
Tryptophan.....g	0.112		0		1		0.032	0.045	
Threonine.....g	0.306		0		1		0.087	0.122	
Isoleucine.....g	0.394		0		1		0.112	0.158	
Leucine.....g	0.692		0		1		0.196	0.277	
Lysine.....g	0.311		0		1		0.088	0.124	
Methionine.....g	0.189		0		1		0.054	0.076	
Cystine.....g	0.208		0		1		0.059	0.083	
Phenylalanine.....g	0.475		0		1		0.135	0.190	
Tyrosine.....g	0.292		0		1		0.083	0.117	
Valine.....g	0.443		0		1		0.126	0.177	
Arginine.....g	0.385		0		1		0.109	0.154	
Histidine.....g	0.210		0		1		0.060	0.084	
Alanine.....g	0.356		0		1		0.101	0.142	
Aspartic acid.....g	0.522		0		1		0.148	0.209	
Glutamic acid.....g	2.856		0		1		0.810	1.142	
Glycine.....g	0.336		0		1		0.095	0.134	
Proline.....g	0.947		0		1		0.268	0.379	
Serine.....g	0.501		0		1		0.142	0.200	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18027

Bread, egg

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code						

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 40g: 1 slice (5" x 3" x 1/2")

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18028
Bread, egg, toasted

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	28.30		0		1		8.02	10.47	
Energy.....kcal	315		0	NC	4		89	117	
Energy.....kJ	1318		0		4		374	488	
Protein (N x 0).....g	10.50		0		1		2.98	3.89	
Total lipid (fat).....g	6.60		0		1		1.87	2.44	
Ash.....g	2.00		0		1		0.57	0.74	
Carbohydrate, by difference.....g	52.60		0	NC	4		14.91	19.46	
Fiber, total dietary.....g	2.5		0		4		0.7	0.9	
Sugars, total.....g	1.94		0	RK	4		0.55	0.72	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	102		0		1		29	38	
Iron, Fe.....mg	3.34		0		1		0.95	1.24	
Magnesium, Mg.....mg	21		0		1		6	8	
Phosphorus, P.....mg	117		0		1		33	43	
Potassium, K.....mg	126		0		1		36	47	
Sodium, Na.....mg	540		0		1		153	200	
Zinc, Zn.....mg	0.86		0		1		0.24	0.32	
Copper, Cu.....mg	0.178		0		1		0.050	0.066	
Manganese, Mn.....mg	0.549		0		1		0.156	0.203	
Selenium, Se.....µg	32.9		0	RK	4		9.3	12.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.385		0		1		0.109	0.142	
Riboflavin.....mg	0.432		0		1		0.122	0.160	
Niacin.....mg	4.795		0		1		1.359	1.774	
Pantothenic acid.....mg	0.202		0		1		0.057	0.075	
Vitamin B-6.....mg	0.064		0		1		0.018	0.024	
Folate, total.....µg	98		0	RK	4		28	36	
Folic acid.....µg	44		0		4		12	16	
Folate, food.....µg	54		0		1		15	20	
Folate, DFE.....mcg_DFE	129		0	NC	4		37	48	
Choline, total.....mg	91.9		0	RK	4		26.0	34.0	
Betaine.....mg									
Vitamin B-12.....µg	0.11		0		1		0.03	0.04	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	69		0	NC	4		20	26	
Retinol.....µg	69		0	RK	4		20	26	
Carotene, beta.....µg	0		0	RK	4		0	0	
Carotene, alpha.....µg	0		0	RK	4		0	0	
Cryptoxanthin, beta.....µg	0		0	RK	4		0	0	
Vitamin A, IU.....IU	231		0	NC	4		66	86	
Lycopene.....µg	0		0	RK	4		0	0	
Lutein + zeaxanthin.....µg	46		0	RK	4		13	17	
Vitamin E (alpha-tocopherol).....mg	0.29		0	RK	4		0.08	0.11	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.5		0	RK	4		0.1	0.2	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	21		0	RK	4		6	8	
Vitamin K (phylloquinone).....µg	1.0		0	RK	4		0.3	0.4	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 18028
Bread, egg, toasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points					
Fatty acids, total saturated.....g	1.616		0			0.458	0.598	
4:0.....g	0.000		0			0.000	0.000	
6:0.....g	0.000		0			0.000	0.000	
8:0.....g	0.000		0			0.000	0.000	
10:0.....g	0.000		0			0.000	0.000	
12:0.....g	0.001		0			0.000	0.000	
13:0.....g								
14:0.....g	0.025		0			0.007	0.009	
15:0.....g								
16:0.....g	0.972		0			0.276	0.360	
17:0.....g								
18:0.....g	0.601		0			0.170	0.222	
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	2.989		0			0.847	1.106	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.072		0			0.020	0.027	
17:1.....g								
18:1 undifferentiated.....g	2.911		0			0.825	1.077	
20:1.....g	0.004		0			0.001	0.001	
22:1 undifferentiated.....g	0.000		0			0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.149		0			0.326	0.425	
18:2 undifferentiated.....g	1.067		0			0.302	0.395	
18:3 undifferentiated.....g	0.057		0			0.016	0.021	
18:4.....g	0.000		0			0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.019		0			0.005	0.007	
20:5 n-3 (EPA).....g	0.000		0			0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0			0.000	0.000	
22:6 n-3 (DHA).....g	0.005		0			0.001	0.002	
Fatty acids, total trans.....g								
Cholesterol.....mg	56		0			16	21	
Phytosterols.....mg	8		0			2	3	
Amino Acids:								
Tryptophan.....g	0.123		0			0.035	0.046	
Threonine.....g	0.336		0			0.095	0.124	
Isoleucine.....g	0.433		0			0.123	0.160	
Leucine.....g	0.760		0			0.215	0.281	
Lysine.....g	0.342		0			0.097	0.127	
Methionine.....g	0.208		0			0.059	0.077	
Cystine.....g	0.229		0			0.065	0.085	
Phenylalanine.....g	0.522		0			0.148	0.193	
Tyrosine.....g	0.321		0			0.091	0.119	
Valine.....g	0.487		0			0.138	0.180	
Arginine.....g	0.423		0			0.120	0.157	
Histidine.....g	0.230		0			0.065	0.085	
Alanine.....g	0.391		0			0.111	0.145	
Aspartic acid.....g	0.574		0			0.163	0.212	
Glutamic acid.....g	3.139		0			0.890	1.161	
Glycine.....g	0.370		0			0.105	0.137	
Proline.....g	1.041		0			0.295	0.385	
Serine.....g	0.551		0			0.156	0.204	
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	
Caffeine.....mg	0		0	RK	4	0	0	
Theobromine.....mg	0		0	RK	4	0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18028
Bread, egg, toasted

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code						

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 37g: 1 slice (5" x 3" x 1/2")

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18029

Bread, french or vienna (includes sourdough)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	27.81		2	A	1		7.88	8.90	17.80
Energy.....kcal	289		0	NC	4		82	93	185
Energy.....kJ	1210		0	NC	4		343	387	774
Protein.....g	11.75		2	A	1		3.33	3.76	7.52
Total lipid (fat).....g	1.83		2	A	1		0.52	0.59	1.17
Ash.....g	2.18		2	A	1		0.62	0.70	1.39
Carbohydrate, by difference.....g	56.44		0	NC	4		16.00	18.06	36.12
Fiber, total dietary.....g	2.4		2	A	1		0.7	0.8	1.5
Sugars, total.....g	2.56		1	A	1		0.73	0.82	1.64
Starch.....g									
Minerals:									
Calcium, Ca.....mg	44		2	A	1		12	14	28
Iron, Fe.....mg	3.63		2	A	1		1.03	1.16	2.33
Magnesium, Mg.....mg	28		2	A	1		8	9	18
Phosphorus, P.....mg	114		2	A	1		32	36	73
Potassium, K.....mg	128		2	A	1		36	41	82
Sodium, Na.....mg	513		0	LC	8		145	164	328
Zinc, Zn.....mg	0.93		2	A	1		0.26	0.30	0.59
Copper, Cu.....mg	0.136		2	A	1		0.039	0.044	0.087
Manganese, Mn.....mg	0.524		2	A	1		0.149	0.168	0.335
Selenium, Se.....µg	27.1		2	A	1		7.7	8.7	17.4
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		2	A	1		0.0	0.1	0.1
Thiamin.....mg	0.433		2	A	1		0.123	0.139	0.277
Riboflavin.....mg	0.287		2	A	1		0.081	0.092	0.184
Niacin.....mg	4.760		2	A	1		1.349	1.523	3.046
Pantothenic acid.....mg	0.334		2	A	1		0.095	0.107	0.214
Vitamin B-6.....mg	0.100		2	A	1		0.028	0.032	0.064
Folate, total.....µg	148		1	AI	13		42	47	95
Folic acid.....µg	117		0	FLA	4		33	37	75
Folate, food.....µg	31	2.273	11		1		9	10	20
Folate, DFE.....mcg_DFE	230		0	NC	4		65	74	147
Choline, total.....mg	14.8		0	A	1		4.2	4.7	9.5
Betaine.....mg	55.1		0	A	1		15.6	17.6	35.3
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	FLA	4		0	0	0
Retinol.....µg	0		0	FLA	4		0	0	0
Carotene, beta.....µg	0		0	FLA	4		0	0	0
Carotene, alpha.....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	0
Vitamin A, IU.....IU	0		0		1		0	0	0
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	12		0	FLA	4		3	4	8
Vitamin E (alpha-tocopherol).....mg	0.18		2	A	1		0.05	0.06	0.12
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	0.6		2	A	1		0.2	0.2	0.4
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Bread, french or vienna (includes sourdough)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.497		0	NC	4				
4:0.....g	0.000		0	FLA	4	0.141	0.159	0.318	
6:0.....g	0.000		0	FLA	4	0.000	0.000	0.000	
8:0.....g	0.000		2	A	1	0.000	0.000	0.000	
10:0.....g	0.000		2	A	1	0.000	0.000	0.000	
12:0.....g	0.000		2	A	1	0.000	0.000	0.000	
13:0.....g									
14:0.....g	0.000		2	A	1	0.000	0.000	0.000	
15:0.....g	0.000		2	A	1	0.000	0.000	0.000	
16:0.....g	0.327		2	A	1	0.093	0.105	0.209	
17:0.....g	0.001		2	A	1	0.000	0.000	0.001	
18:0.....g	0.158		2	A	1	0.045	0.051	0.101	
20:0.....g	0.004		2	A	1	0.001	0.001	0.003	
22:0.....g	0.007		2	A	1	0.002	0.002	0.004	
24:0.....g	0.000		0	FLA	4	0.000	0.000	0.000	
Fatty acids, total monounsaturated.....g	0.347		0	NC	4	0.098	0.111	0.222	
14:1.....g	0.000		2	A	1	0.000	0.000	0.000	
15:1.....g	0.000		2	A	1	0.000	0.000	0.000	
16:1 undifferentiated.....g	0.015		2	A	1	0.004	0.005	0.010	
17:1.....g	0.000		2	A	1	0.000	0.000	0.000	
18:1 undifferentiated.....g	0.325		2	A	1	0.092	0.104	0.208	
20:1.....g	0.008		2	A	1	0.002	0.002	0.005	
22:1 undifferentiated.....g	0.000		0	FLA	4	0.000	0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.787		0	NC	4	0.223	0.252	0.504	
18:2 undifferentiated.....g	0.740		2	A	1	0.210	0.237	0.474	
18:3 undifferentiated.....g	0.047		0	AS	1	0.013	0.015	0.030	
18:3 n-3 c,c,c (ALA).....g	0.047		2	A	1	0.013	0.015	0.030	
18:3 n-6 c,c,c.....g	0.000		2	A	1	0.000	0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	FLA	4	0.000	0.000	0.000	
20:2 n-6 c,c.....g	0.000		2	A	1	0.000	0.000	0.000	
20:3 undifferentiated.....g	0.000		2	A	1	0.000	0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		2	A	1	0.000	0.000	0.000	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0	FLA	4	0.000	0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4	0.000	0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4	0.000	0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4	0	0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.121		0	FLA	4	0.034	0.039	0.077	
Threonine.....g	0.284		0	FLA	4	0.081	0.091	0.182	
Isoleucine.....g	0.374		0	FLA	4	0.106	0.120	0.239	
Leucine.....g	0.686		0	FLA	4	0.194	0.219	0.439	
Lysine.....g	0.295		0	FLA	4	0.084	0.094	0.189	
Methionine.....g	0.152		0	FLA	4	0.043	0.049	0.097	
Cystine.....g	0.235		0	FLA	4	0.067	0.075	0.150	
Phenylalanine.....g	0.489		0	FLA	4	0.139	0.156	0.313	
Tyrosine.....g	0.188		0	FLA	4	0.053	0.060	0.120	
Valine.....g	0.428		0	FLA	4	0.121	0.137	0.274	
Arginine.....g	0.365		0	FLA	4	0.104	0.117	0.234	
Histidine.....g	0.211		0	FLA	4	0.060	0.067	0.135	
Alanine.....g	0.325		0	FLA	4	0.092	0.104	0.208	
Aspartic acid.....g	0.446		0	FLA	4	0.127	0.143	0.286	
Glutamic acid.....g	3.287		0	FLA	4	0.932	1.052	2.104	
Glycine.....g	0.363		0	FLA	4	0.103	0.116	0.232	

NDB No. 18029

Bread, french or vienna (includes sourdough)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Proline.....g	1.112		0	FLA	4	0.315	0.356	0.712
Serine.....g	0.451		0	FLA	4	0.128	0.144	0.289
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	FLA	4	0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4	0	0	0
Theobromine.....mg	0		0	FLA	4	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 32g: 1 slice, small (2" x 2-1/2" x 1-3/4")

Measure 3 = 64g: 1 slice, medium (4" x 2-1/2" x 1-3/4")

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18030

Bread, french or vienna, toasted (includes sourdough)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	20.61		2	A	1		5.84	5.98	12.16
Energy.....kcal	319		0	NC	4		90	93	188
Energy.....kJ	1335		0	NC	4		378	387	787
Protein.....g	13.00		2	A	1		3.69	3.77	7.67
Total lipid (fat).....g	2.14		2	A	1		0.61	0.62	1.26
Ash.....g	2.31		2	A	1		0.66	0.67	1.37
Carbohydrate, by difference.....g	61.93		0	NC	4		17.56	17.96	36.54
Fiber, total dietary.....g	3.1		2	A	1		0.9	0.9	1.9
Sugars, total.....g	3.59		2	A	1		1.02	1.04	2.12
Starch.....g									
Minerals:									
Calcium, Ca.....mg	47		2	A	1		13	14	28
Iron, Fe.....mg	3.87		2	A	1		1.10	1.12	2.28
Magnesium, Mg.....mg	31		2	A	1		9	9	18
Phosphorus, P.....mg	126		2	A	1		36	36	74
Potassium, K.....mg	140		2	A	1		40	41	83
Sodium, Na.....mg	720		2	A	1		204	209	425
Zinc, Zn.....mg	1.05		2	A	1		0.30	0.30	0.62
Copper, Cu.....mg	0.150		2	A	1		0.043	0.044	0.089
Manganese, Mn.....mg	0.573		2	A	1		0.162	0.166	0.338
Selenium, Se.....µg	29.7		2	A	1		8.4	8.6	17.5
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		2	A	1		0.0	0.0	0.1
Thiamin.....mg	0.427		2	A	1		0.121	0.124	0.252
Riboflavin.....mg	0.370		2	A	1		0.105	0.107	0.218
Niacin.....mg	5.380		2	A	1		1.525	1.560	3.174
Pantothenic acid.....mg	0.616		2	A	1		0.175	0.179	0.364
Vitamin B-6.....mg	0.096		2	A	1		0.027	0.028	0.057
Folate, total.....µg	140		0	RK	4		40	41	82
Folic acid.....µg	111		0	RK	4		31	32	65
Folate, food.....µg	29		0	RK	4		8	8	17
Folate, DFE.....mcg_DFE	217		0	NC	4		62	63	128
Choline, total.....mg	17.5		0	A	1		5.0	5.1	10.3
Betaine.....mg	58.6		0	A	1		16.6	17.0	34.6
Vitamin B-12.....µg	0.00		0	RK	4		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	RK	4		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	RK	4		0	0	0
Retinol.....µg	0		0	RK	4		0	0	0
Carotene, beta.....µg	0		0	RK	4		0	0	0
Carotene, alpha.....µg	0		0	RK	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	RK	4		0	0	0
Vitamin A, IU.....IU	0		0	RK	4		0	0	0
Lycopene.....µg	0		0	RK	4		0	0	0
Lutein + zeaxanthin.....µg	13		0	RK	4		4	4	8
Vitamin E (alpha-tocopherol).....mg	0.19		2	A	1		0.06	0.06	0.12
Vitamin E, added.....mg	0.00		0	RK	4		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	0.5		2	A	1		0.1	0.1	0.3
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									
Lipids:									

NDB No. 18030

Bread, french or vienna, toasted (includes sourdough)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.502		0	NC	4				
4:0.....g	0.000		0	RK	4	0.142	0.146	0.296	
6:0.....g	0.000		0	RK	4	0.000	0.000	0.000	
8:0.....g	0.000		2	A	1	0.000	0.000	0.000	
10:0.....g	0.000		2	A	1	0.000	0.000	0.000	
12:0.....g	0.000		2	A	1	0.000	0.000	0.000	
13:0.....g									
14:0.....g	0.000		2	A	1	0.000	0.000	0.000	
15:0.....g	0.000		2	A	1	0.000	0.000	0.000	
16:0.....g	0.326		2	A	1	0.092	0.094	0.192	
17:0.....g	0.001		2	A	1	0.000	0.000	0.001	
18:0.....g	0.164		2	A	1	0.046	0.048	0.097	
20:0.....g	0.004		2	A	1	0.001	0.001	0.003	
22:0.....g	0.007		2	A	1	0.002	0.002	0.004	
24:0.....g	0.000		0	RK	4	0.000	0.000	0.000	
Fatty acids, total monounsaturated.....g	0.386		0	NC	4	0.110	0.112	0.228	
14:1.....g	0.000		2	A	1	0.000	0.000	0.000	
15:1.....g	0.000		2	A	1	0.000	0.000	0.000	
16:1 undifferentiated.....g	0.016		2	A	1	0.004	0.004	0.009	
17:1.....g	0.000		2	A	1	0.000	0.000	0.000	
18:1 undifferentiated.....g	0.362		2	A	1	0.103	0.105	0.214	
20:1.....g	0.008		2	A	1	0.002	0.002	0.005	
22:1 undifferentiated.....g	0.000		0	RK	4	0.000	0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.830		0	NC	4	0.235	0.241	0.489	
18:2 undifferentiated.....g	0.780		2	A	1	0.221	0.226	0.460	
18:3 undifferentiated.....g	0.050		0	AS	1	0.014	0.015	0.030	
18:3 n-3 c,c,c (ALA).....g	0.050		2	A	1	0.014	0.015	0.030	
18:3 n-6 c,c,c.....g	0.000		2	A	1	0.000	0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	RK	4	0.000	0.000	0.000	
20:2 n-6 c,c.....g	0.000		2	A	1	0.000	0.000	0.000	
20:3 undifferentiated.....g	0.000		2	A	1	0.000	0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		2	A	1	0.000	0.000	0.000	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0	RK	4	0.000	0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RK	4	0.000	0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	RK	4	0.000	0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RK	4	0	0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.134		0	RK	4	0.038	0.039	0.079	
Threonine.....g	0.316		0	RK	4	0.090	0.092	0.186	
Isoleucine.....g	0.416		0	RK	4	0.118	0.121	0.245	
Leucine.....g	0.762		0	RK	4	0.216	0.221	0.450	
Lysine.....g	0.328		0	RK	4	0.093	0.095	0.193	
Methionine.....g	0.168		0	RK	4	0.048	0.049	0.099	
Cystine.....g	0.261		0	RK	4	0.074	0.076	0.154	
Phenylalanine.....g	0.543		0	RK	4	0.154	0.158	0.321	
Tyrosine.....g	0.208		0	RK	4	0.059	0.060	0.123	
Valine.....g	0.476		0	RK	4	0.135	0.138	0.281	
Arginine.....g	0.406		0	RK	4	0.115	0.118	0.239	
Histidine.....g	0.234		0	RK	4	0.066	0.068	0.138	
Alanine.....g	0.361		0	RK	4	0.102	0.105	0.213	
Aspartic acid.....g	0.496		0	RK	4	0.141	0.144	0.293	
Glutamic acid.....g	3.652		0	RK	4	1.035	1.059	2.155	
Glycine.....g	0.403		0	RK	4	0.114	0.117	0.238	

NDB No. 18030

Bread, french or vienna, toasted (includes sourdough)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Proline.....g	1.235		0	RK	4		0.350	0.358	0.729
Serine.....g	0.501		0	RK	4		0.142	0.145	0.296
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RK	4		0.0	0.0	0.0
Caffeine.....mg	0		0	RK	4		0	0	0
Theobromine.....mg	0		0	RK	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 28.35g: 1 oz
- Measure 2 = 29g: 1 slice, small
- Measure 3 = 59g: 1 slice, medium

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18032

Bread, irish soda, prepared from recipe

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	30.10		0		1		8.53		
Energy.....kcal	290		0	NC	4		82		
Energy.....kJ	1213				4		344		
Protein.....g	6.60		0		1		1.87		
Total lipid (fat).....g	5.00		0		1		1.42		
Ash.....g	1.90		0		1		0.54		
Carbohydrate, by difference.....g	56.00		0	NC	4		15.88		
Fiber, total dietary.....g	2.6		0		4		0.7		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	81		0		1		23		
Iron, Fe.....mg	2.69		0		1		0.76		
Magnesium, Mg.....mg	23		0		1		7		
Phosphorus, P.....mg	114		0		1		32		
Potassium, K.....mg	266		0		1		75		
Sodium, Na.....mg	398		0		1		113		
Zinc, Zn.....mg	0.57		0		1		0.16		
Copper, Cu.....mg	0.130		0		1		0.037		
Manganese, Mn.....mg	0.355		0		1		0.101		
Selenium, Se.....µg	16.0		0	RA	4		4.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.8		0		1		0.2		
Thiamin.....mg	0.298		0		1		0.084		
Riboflavin.....mg	0.269		0		1		0.076		
Niacin.....mg	2.405		0		1		0.682		
Pantothenic acid.....mg	0.250		0		1		0.071		
Vitamin B-6.....mg	0.083		0		1		0.024		
Folate, total.....µg	47		0	RA	4		13		
Folic acid.....µg	37		0	NC	4		10		
Folate, food.....µg	10		0		1		3		
Folate, DFE.....mcg_DFE	73		0	NC	4		21		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.05		0		1		0.01		
Vitamin A, RAE.....mcg_RAE	48		0	NC	4		13		
Retinol.....µg	45		0	NC	4		13		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	194		0		1		55		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.111		0		1		0.315		
4:0.....g	0.008		0		1		0.002		

NDB No. 18032

Bread, irish soda, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
6:0.....g	0.005		0		1	0.001	
8:0.....g	0.003		0		1	0.001	
10:0.....g	0.006		0		1	0.002	
12:0.....g	0.007		0		1	0.002	
13:0.....g							
14:0.....g	0.036		0		1	0.010	
15:0.....g							
16:0.....g	0.698		0		1	0.198	
17:0.....g							
18:0.....g	0.342		0		1	0.097	
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	1.999		0		1	0.567	
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.018		0		1	0.005	
17:1.....g							
18:1 undifferentiated.....g	1.976		0		1	0.560	
20:1.....g	0.001		0		1	0.000	
22:1 undifferentiated.....g	0.000		0		1	0.000	
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	1.478		0		1	0.419	
18:2 undifferentiated.....g	1.396		0		1	0.396	
18:3 undifferentiated.....g	0.074		0		1	0.021	
18:4.....g	0.000		0		1	0.000	
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.006		0		1	0.002	
20:5 n-3 (EPA).....g	0.000		0		1	0.000	
22:5 n-3 (DPA).....g	0.000		0		1	0.000	
22:6 n-3 (DHA).....g	0.002		0		1	0.001	
Fatty acids, total trans.....g							
Cholesterol.....mg	18		0		1	5	
Phytosterols.....mg	13		0		1	4	
Amino Acids:							
Tryptophan.....g	0.072		0		1	0.020	
Threonine.....g	0.201		0		1	0.057	
Isoleucine.....g	0.234		0		1	0.066	
Leucine.....g	0.436		0		1	0.124	
Lysine.....g	0.219		0		1	0.062	
Methionine.....g	0.138		0		1	0.039	
Cystine.....g	0.122		0		1	0.035	
Phenylalanine.....g	0.300		0		1	0.085	
Tyrosine.....g	0.201		0		1	0.057	
Valine.....g	0.283		0		1	0.080	
Arginine.....g	0.290		0		1	0.082	
Histidine.....g	0.159		0		1	0.045	
Alanine.....g	0.226		0		1	0.064	
Aspartic acid.....g	0.390		0		1	0.111	
Glutamic acid.....g	1.825		0		1	0.517	
Glycine.....g	0.188		0		1	0.053	
Proline.....g	0.597		0		1	0.169	
Serine.....g	0.296		0		1	0.084	
Hydroxyproline.....g							
Others:							
Alcohol, ethyl.....g	0.0		0		7	0.0	
Caffeine.....mg							
Theobromine.....mg							

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18032

Bread, irish soda, prepared from recipe

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18033

Bread, italian

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	35.70	0.632	36		1		10.12	10.71	7.14
Energy.....kcal	271		0	NC	4		77	81	54
Energy.....kJ	1134		0		4		321	340	227
Protein (N x 5.7).....g	8.80	0.196	38		1		2.49	2.64	1.76
Total lipid (fat).....g	3.50	0.124	38		1		0.99	1.05	0.70
Ash.....g	1.90	0.047	35		1		0.54	0.57	0.38
Carbohydrate, by difference.....g	50.00		0	NC	4		14.18	15.00	10.00
Fiber, total dietary.....g	2.7		0		1		0.8	0.8	0.5
Sugars, total.....g	0.83		0	FLA	4		0.23	0.25	0.17
Starch.....g									
Minerals:									
Calcium, Ca.....mg	78	4.522	37		1		22	23	16
Iron, Fe.....mg	2.94	0.128	35		1		0.83	0.88	0.59
Magnesium, Mg.....mg	27	1.670	11		1		8	8	5
Phosphorus, P.....mg	103	5.156	11		1		29	31	21
Potassium, K.....mg	110	2.870	13		1		31	33	22
Sodium, Na.....mg	584	29.851	17		1		166	175	117
Zinc, Zn.....mg	0.86	0.080	13		1		0.24	0.26	0.17
Copper, Cu.....mg	0.191	0.010	11		1		0.054	0.057	0.038
Manganese, Mn.....mg	0.464	0.021	10		1		0.132	0.139	0.093
Selenium, Se.....µg	27.2	2.578	7	A	1		7.7	8.2	5.4
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.473	0.014	27		1		0.134	0.142	0.095
Riboflavin.....mg	0.292	0.014	27		1		0.083	0.088	0.058
Niacin.....mg	4.381	0.140	27		1		1.242	1.314	0.876
Pantothenic acid.....mg	0.378	0.014	11		1		0.107	0.113	0.076
Vitamin B-6.....mg	0.048	0.003	11		1		0.014	0.014	0.010
Folate, total.....µg	191		1	AI	13		54	57	38
Folic acid.....µg	161		0		4		46	48	32
Folate, food.....µg	30	2.014	11		1		9	9	6
Folate, DFE.....mcg_DFE	304		0	NC	4		86	91	61
Choline, total.....mg	14.8		0	BFZN	4		4.2	4.4	3.0
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....µg	0		0	FLA	4		0	0	0
Carotene, beta.....µg	0		0	FLA	4		0	0	0
Carotene, alpha.....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	0
Vitamin A, IU.....IU	0		0		1		0	0	0
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	48		0	FLA	4		14	14	10
Vitamin E (alpha-tocopherol).....mg	0.29		0	FLA	4		0.08	0.09	0.06
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	1.2		0	FLA	4		0.3	0.4	0.2
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Source	Confidence	Measure 1	Measure 2	Measure 3	
			of Data Points	Code					Code
Fatty acids, total saturated.....g	0.855		0		1		0.242	0.257	0.171
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.011		0		1		0.003	0.003	0.002
15:0.....g									
16:0.....g	0.712		0		1		0.202	0.214	0.142
17:0.....g									
18:0.....g	0.131		0		1		0.037	0.039	0.026
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.812		0		1		0.230	0.244	0.162
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.013		0		1		0.004	0.004	0.003
17:1.....g									
18:1 undifferentiated.....g	0.799		0		1		0.227	0.240	0.160
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.390		0		1		0.394	0.417	0.278
18:2 undifferentiated.....g	1.290		0		1		0.366	0.387	0.258
18:3 undifferentiated.....g	0.100		0		1		0.028	0.030	0.020
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.103		0		1		0.029	0.031	0.021
Threonine.....g	0.245		0		1		0.069	0.074	0.049
Isoleucine.....g	0.333		0		1		0.094	0.100	0.067
Leucine.....g	0.614		0		1		0.174	0.184	0.123
Lysine.....g	0.197		0		1		0.056	0.059	0.039
Methionine.....g	0.156		0		1		0.044	0.047	0.031
Cystine.....g	0.193		0		1		0.055	0.058	0.039
Phenylalanine.....g	0.433		0		1		0.123	0.130	0.087
Tyrosine.....g	0.248		0		1		0.070	0.074	0.050
Valine.....g	0.376		0		1		0.107	0.113	0.075
Arginine.....g	0.316		0		1		0.090	0.095	0.063
Histidine.....g	0.188		0		1		0.053	0.056	0.038
Alanine.....g	0.284		0		1		0.081	0.085	0.057
Aspartic acid.....g	0.379		0		1		0.107	0.114	0.076
Glutamic acid.....g	2.990		0		1		0.848	0.897	0.598
Glycine.....g	0.307		0		1		0.087	0.092	0.061
Proline.....g	1.004		0		1		0.285	0.301	0.201
Serine.....g	0.426		0		1		0.121	0.128	0.085
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18033

Bread, italian

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 30g: 1 slice, large (4-1/2" x 3-1/4" x 3/4")

Measure 3 = 20g: 1 slice, medium

Calories Factors: Protein 4

Fat 8.7

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18037

Bread, oat bran

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	44.00		1		1		12.47	13.20	
Energy.....kcal	236		0	NC	4		67	71	
Energy.....kJ	987		0		4		280	296	
Protein (N x 5.8).....g	10.40	1.459	3		1		2.95	3.12	
Total lipid (fat).....g	4.40	0.706	3		1		1.25	1.32	
Ash.....g	1.50		1		1		0.43	0.45	
Carbohydrate, by difference.....g	39.80		0		4		11.28	11.94	
Fiber, total dietary.....g	4.5		0		4		1.3	1.4	
Sugars, total.....g	7.70		0	FLC	4		2.18	2.31	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	65	6.966	3		1		18	20	
Iron, Fe.....mg	3.12		2		1		0.88	0.94	
Magnesium, Mg.....mg	35		0	FLA	4		10	11	
Phosphorus, P.....mg	141		0	FLA	4		40	42	
Potassium, K.....mg	147		0	FLA	4		42	44	
Sodium, Na.....mg	407		2		1		115	122	
Zinc, Zn.....mg	0.89		0	FLA	4		0.25	0.27	
Copper, Cu.....mg	0.135		0	FLA	4		0.038	0.041	
Manganese, Mn.....mg	0.779		0	FLA	4		0.221	0.234	
Selenium, Se.....µg	30.0		0	FLA	4		8.5	9.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.504		2		1		0.143	0.151	
Riboflavin.....mg	0.346		2		1		0.098	0.104	
Niacin.....mg	4.831		2		1		1.370	1.449	
Pantothenic acid.....mg	0.581		0	FLA	4		0.165	0.174	
Vitamin B-6.....mg	0.073		0	FLA	4		0.021	0.022	
Folate, total.....µg	81		0	CAZN	4		23	24	
Folic acid.....µg	56		0	NC	4		16	17	
Folate, food.....µg	25		0		4		7	8	
Folate, DFE.....mcg_DFE	120		0	NC	4		34	36	
Choline, total.....mg	14.6		0	BFZN	4		4.1	4.4	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	2		0	NC	4		0	0	
Retinol.....µg	2		0	FLC	4		0	0	
Carotene, beta.....µg	0		0	FLC	4		0	0	
Carotene, alpha.....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLC	4		0	0	
Vitamin A, IU.....IU	5		0	FLA	4		1	2	
Lycopene.....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....µg	46		0	FLC	4		13	14	
Vitamin E (alpha-tocopherol).....mg	0.44		0	FLC	4		0.12	0.13	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	1.2		0	FLC	4		0.3	0.4	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Fatty acids, total saturated.....g	0.697		0		4		0.198	0.209	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.002		0		4		0.001	0.001	
13:0.....g									
14:0.....g	0.005		0		4		0.001	0.002	
15:0.....g									
16:0.....g	0.526		0		4		0.149	0.158	
17:0.....g									
18:0.....g	0.157		0		4		0.045	0.047	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.590		0		4		0.451	0.477	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.030		0		4		0.009	0.009	
17:1.....g									
18:1 undifferentiated.....g	1.560		0		4		0.442	0.468	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.694		0		4		0.480	0.508	
18:2 undifferentiated.....g	1.590		0		4		0.451	0.477	
18:3 undifferentiated.....g	0.103		0		4		0.029	0.031	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		2		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.131		0		4		0.037	0.039	
Threonine.....g	0.299		0		4		0.085	0.090	
Isoleucine.....g	0.399		0		4		0.113	0.120	
Leucine.....g	0.733		0		4		0.208	0.220	
Lysine.....g	0.297		0		4		0.084	0.089	
Methionine.....g	0.179		0		4		0.051	0.054	
Cystine.....g	0.234		0		4		0.066	0.070	
Phenylalanine.....g	0.518		0		4		0.147	0.155	
Tyrosine.....g	0.324		0		4		0.092	0.097	
Valine.....g	0.461		0		4		0.131	0.138	
Arginine.....g	0.445		0		4		0.126	0.134	
Histidine.....g	0.225		0		4		0.064	0.068	
Alanine.....g	0.370		0		4		0.105	0.111	
Aspartic acid.....g	0.547		0		4		0.155	0.164	
Glutamic acid.....g	3.162		0		4		0.896	0.949	
Glycine.....g	0.395		0		4		0.112	0.119	
Proline.....g	1.055		0		4		0.299	0.317	
Serine.....g	0.502		0		4		0.142	0.151	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18037

Bread, oat bran

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
							<u>measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 30g: 1 slice

Calories Factors: Protein 3.7

Fat 8.7

Carbohydrate4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18038
Bread, oat bran, toasted

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	38.50		0		4		10.91	10.40	
Energy.....kcal	259		0		4		73	70	
Energy.....kJ	1084		0		4		307	293	
Protein (N x 0).....g	11.40		0		4		3.23	3.08	
Total lipid (fat).....g	4.80		0		4		1.36	1.30	
Ash.....g	1.60		0		4		0.45	0.43	
Carbohydrate, by difference.....g	43.70		0		4		12.39	11.80	
Fiber, total dietary.....g	4.9		0		4		1.4	1.3	
Sugars, total.....g	8.46		0	RK	4		2.40	2.29	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	71		0		4		20	19	
Iron, Fe.....mg	3.43		0		4		0.97	0.93	
Magnesium, Mg.....mg	34		0		4		10	9	
Phosphorus, P.....mg	116		0		4		33	31	
Potassium, K.....mg	123		0		4		35	33	
Sodium, Na.....mg	448		0		4		127	121	
Zinc, Zn.....mg	1.05		0		4		0.30	0.28	
Copper, Cu.....mg	0.128		0		4		0.036	0.035	
Manganese, Mn.....mg	0.760		0		4		0.215	0.205	
Selenium, Se.....µg	33.0		0	RK	4		9.4	8.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.443		0		4		0.126	0.120	
Riboflavin.....mg	0.343		0		4		0.097	0.093	
Niacin.....mg	4.778		0		4		1.355	1.290	
Pantothenic acid.....mg	0.114		0		4		0.032	0.031	
Vitamin B-6.....mg	0.040		0		4		0.011	0.011	
Folate, total.....µg	69		0	FLA	4		20	19	
Folic acid.....µg	50		0	NC	4		14	14	
Folate, food.....µg	19		0		4		5	5	
Folate, DFE.....mcg_DFE	104		0	NC	4		29	28	
Choline, total.....mg	16.1		0	RK	4		4.6	4.3	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	2		0	NC	4		0	0	
Retinol.....µg	2		0	RK	4		0	0	
Carotene, beta.....µg	0		0	RK	4		0	0	
Carotene, alpha.....µg	0		0	RK	4		0	0	
Cryptoxanthin, beta.....µg	0		0	RK	4		0	0	
Vitamin A, IU.....IU	5		0		4		1	1	
Lycopene.....µg	0		0	RK	4		0	0	
Lutein + zeaxanthin.....µg	48		0	RK	4		13	13	
Vitamin E (alpha-tocopherol).....mg	0.48		0	RK	4		0.14	0.13	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	1.3		0	RK	4		0.4	0.3	
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									
Lipids:									

NDB No. 18038
Bread, oat bran, toasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	measures of food				
					Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.766		0		4		0.217	0.207	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.002		0		4		0.001	0.001	
13:0.....g									
14:0.....g	0.006		0		4		0.002	0.002	
15:0.....g									
16:0.....g	0.578		0		4		0.164	0.156	
17:0.....g									
18:0.....g	0.172		0		4		0.049	0.046	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.748		0		4		0.496	0.472	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.033		0		4		0.009	0.009	
17:1.....g									
18:1 undifferentiated.....g	1.714		0		4		0.486	0.463	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.861		0		4		0.528	0.502	
18:2 undifferentiated.....g	1.748		0		4		0.496	0.472	
18:3 undifferentiated.....g	0.114		0		4		0.032	0.031	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.143		0		4		0.041	0.039	
Threonine.....g	0.328		0		4		0.093	0.089	
Isoleucine.....g	0.438		0		4		0.124	0.118	
Leucine.....g	0.805		0		4		0.228	0.217	
Lysine.....g	0.326		0		4		0.092	0.088	
Methionine.....g	0.196		0		4		0.056	0.053	
Cystine.....g	0.257		0		4		0.073	0.069	
Phenylalanine.....g	0.570		0		4		0.162	0.154	
Tyrosine.....g	0.356		0		4		0.101	0.096	
Valine.....g	0.507		0		4		0.144	0.137	
Arginine.....g	0.489		0		4		0.139	0.132	
Histidine.....g	0.248		0		4		0.070	0.067	
Alanine.....g	0.407		0		4		0.115	0.110	
Aspartic acid.....g	0.601		0		4		0.170	0.162	
Glutamic acid.....g	3.475		0		4		0.985	0.938	
Glycine.....g	0.434		0		4		0.123	0.117	
Proline.....g	1.159		0		4		0.329	0.313	
Serine.....g	0.552		0		4		0.156	0.149	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	RK	4		0	0	
Theobromine.....mg	0		0	RK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18038
Bread, oat bran, toasted

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
							<u>measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 27g: 1 slice

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18039

Bread, oatmeal

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	36.70	0.446	14		1		10.40	9.91	
Energy.....kcal	269		0	NC	4		76	73	
Energy.....kJ	1125		0		4		319	304	
Protein (N x 5.8).....g	8.40	0.183	24		1		2.38	2.27	
Total lipid (fat).....g	4.40	0.151	24		1		1.25	1.19	
Ash.....g	2.00	0.057	12		1		0.57	0.54	
Carbohydrate, by difference.....g	48.50		0		4		13.75	13.10	
Fiber, total dietary.....g	4.0		0		1		1.1	1.1	
Sugars, total.....g	8.14		0	FLA	4		2.31	2.20	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	66	3.749	23		1		19	18	
Iron, Fe.....mg	2.70	0.068	23		1		0.77	0.73	
Magnesium, Mg.....mg	37	2.606	10		1		10	10	
Phosphorus, P.....mg	126	5.457	10		1		36	34	
Potassium, K.....mg	142	9.030	12		1		40	38	
Sodium, Na.....mg	470		0	LC	8		133	127	
Zinc, Zn.....mg	1.02	0.051	11		1		0.29	0.28	
Copper, Cu.....mg	0.209	0.009	10		1		0.059	0.056	
Manganese, Mn.....mg	0.940	0.055	10		1		0.266	0.254	
Selenium, Se.....µg	24.6		0	FLA	4		7.0	6.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.399	0.018	23		1		0.113	0.108	
Riboflavin.....mg	0.240	0.006	23		1		0.068	0.065	
Niacin.....mg	3.136	0.072	23		1		0.889	0.847	
Pantothenic acid.....mg	0.341	0.013	10		1		0.097	0.092	
Vitamin B-6.....mg	0.068	0.009	10		1		0.019	0.018	
Folate, total.....µg	62		0	FLA	4		18	17	
Folic acid.....µg	35		0	NC	4		10	9	
Folate, food.....µg	27	2.012	10		1		8	7	
Folate, DFE.....mcg_DFE	87		0	NC	4		25	23	
Choline, total.....mg	14.6		0	FLC	4		4.1	3.9	
Betaine.....mg									
Vitamin B-12.....µg	0.03		0	FLA	4		0.01	0.01	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	5		0	NC	4		1	1	
Retinol.....µg	5		0	FLA	4		1	1	
Carotene, beta.....µg	0		0	FLA	4		0	0	
Carotene, alpha.....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	16		0	NC	4		4	4	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	72		0	FLA	4		21	20	
Vitamin E (alpha-tocopherol).....mg	0.48		0	FLA	4		0.14	0.13	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	1.5		0	FLA	4		0.4	0.4	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Fatty acids, total saturated.....g	0.703		0				0.199	0.190	
4:0.....g	0.000		0				0.000	0.000	
6:0.....g	0.000		0				0.000	0.000	
8:0.....g	0.000		0				0.000	0.000	
10:0.....g	0.000		0				0.000	0.000	
12:0.....g	0.005		0				0.001	0.001	
13:0.....g									
14:0.....g	0.007		0				0.002	0.002	
15:0.....g									
16:0.....g	0.527		0				0.149	0.142	
17:0.....g									
18:0.....g	0.148		0				0.042	0.040	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.578		0				0.447	0.426	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.023		0				0.007	0.006	
17:1.....g									
18:1 undifferentiated.....g	1.555		0				0.441	0.420	
20:1.....g	0.000		0				0.000	0.000	
22:1 undifferentiated.....g	0.000		0				0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.702		0				0.483	0.460	
18:2 undifferentiated.....g	1.603		0				0.454	0.433	
18:3 undifferentiated.....g	0.100		0				0.028	0.027	
18:4.....g	0.000		0				0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0				0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0				0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0				0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0				0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA			0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.116		0				0.033	0.031	
Threonine.....g	0.247		0				0.070	0.067	
Isoleucine.....g	0.325		0				0.092	0.088	
Leucine.....g	0.608		0				0.172	0.164	
Lysine.....g	0.270		0				0.077	0.073	
Methionine.....g	0.152		0				0.043	0.041	
Cystine.....g	0.208		0				0.059	0.056	
Phenylalanine.....g	0.414		0				0.117	0.112	
Tyrosine.....g	0.263		0				0.075	0.071	
Valine.....g	0.393		0				0.111	0.106	
Arginine.....g	0.395		0				0.112	0.107	
Histidine.....g	0.186		0				0.053	0.050	
Alanine.....g	0.328		0				0.093	0.089	
Aspartic acid.....g	0.505		0				0.143	0.136	
Glutamic acid.....g	2.413		0				0.684	0.652	
Glycine.....g	0.343		0				0.097	0.093	
Proline.....g	0.765		0				0.217	0.207	
Serine.....g	0.408		0				0.116	0.110	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0				0.0	0.0	
Caffeine.....mg	0		0	FLA			0	0	
Theobromine.....mg	0		0	FLA			0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18039

Bread, oatmeal

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Deriv	Source	Measure 1	Measure 2	Measure 3
			of Data	Code	Confidence			
			Points	Code	Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 27g: 1 slice

Calories Factors: Protein 3.8

Fat 8.6

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18040
Bread, oatmeal, toasted

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	31.20		0		1		8.85	7.80	
Energy.....kcal	292		0	NC	4		83	73	
Energy.....kJ	1222		0		4		346	305	
Protein (N x 0).....g	9.20		0		1		2.61	2.30	
Total lipid (fat).....g	4.80		0		1		1.36	1.20	
Ash.....g	2.10		0		1		0.60	0.53	
Carbohydrate, by difference.....g	52.70		0	NC	4		14.94	13.18	
Fiber, total dietary.....g	4.3		0		4		1.2	1.1	
Sugars, total.....g	8.84		0	RK	4		2.51	2.21	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	72		0		1		20	18	
Iron, Fe.....mg	2.94		0		1		0.83	0.74	
Magnesium, Mg.....mg	41		0		1		12	10	
Phosphorus, P.....mg	137		0		1		39	34	
Potassium, K.....mg	154		0		1		44	39	
Sodium, Na.....mg	651		0		1		185	163	
Zinc, Zn.....mg	1.11		0		1		0.31	0.28	
Copper, Cu.....mg	0.227		0		1		0.064	0.057	
Manganese, Mn.....mg	1.022		0		1		0.290	0.256	
Selenium, Se.....µg	26.7		0	RK	4		7.6	6.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		0		4		0.1	0.1	
Thiamin.....mg	0.347		0		1		0.098	0.087	
Riboflavin.....mg	0.235		0		1		0.067	0.059	
Niacin.....mg	3.068		0		1		0.870	0.767	
Pantothenic acid.....mg	0.241		0		1		0.068	0.060	
Vitamin B-6.....mg	0.067		0		1		0.019	0.017	
Folate, total.....µg	53		0	FLA	4		15	13	
Folic acid.....µg	32		0	NC	4		9	8	
Folate, food.....µg	21		0		1		6	5	
Folate, DFE.....mcg_DFE	75		0	NC	4		21	19	
Choline, total.....mg	15.9		0	RK	4		4.5	4.0	
Betaine.....mg									
Vitamin B-12.....µg	0.02		0		4		0.01	0.01	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	5		0	NC	4		1	1	
Retinol.....µg	5		0	RK	4		1	1	
Carotene, beta.....µg	0		0	RK	4		0	0	
Carotene, alpha.....µg	0		0	RK	4		0	0	
Cryptoxanthin, beta.....µg	0		0	RK	4		0	0	
Vitamin A, IU.....IU	15		0		4		4	4	
Lycopene.....µg	0		0	RK	4		0	0	
Lutein + zeaxanthin.....µg	75		0	RK	4		21	19	
Vitamin E (alpha-tocopherol).....mg	0.53		0	RK	4		0.15	0.13	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	1.7		0	RK	4		0.5	0.4	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 18040
Bread, oatmeal, toasted

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number		measures of food				
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.764		0		1		0.217	0.191	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.006		0		1		0.002	0.002	
13:0.....g									
14:0.....g	0.007		0		1		0.002	0.002	
15:0.....g									
16:0.....g	0.573		0		1		0.162	0.143	
17:0.....g									
18:0.....g	0.161		0		1		0.046	0.040	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.715		0		1		0.486	0.429	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.025		0		1		0.007	0.006	
17:1.....g									
18:1 undifferentiated.....g	1.690		0		1		0.479	0.423	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.850		0		1		0.524	0.463	
18:2 undifferentiated.....g	1.742		0		1		0.494	0.436	
18:3 undifferentiated.....g	0.108		0		1		0.031	0.027	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.126		0		1		0.036	0.032	
Threonine.....g	0.268		0		1		0.076	0.067	
Isoleucine.....g	0.353		0		1		0.100	0.088	
Leucine.....g	0.661		0		1		0.187	0.165	
Lysine.....g	0.294		0		1		0.083	0.074	
Methionine.....g	0.166		0		1		0.047	0.042	
Cystine.....g	0.226		0		1		0.064	0.057	
Phenylalanine.....g	0.450		0		1		0.128	0.113	
Tyrosine.....g	0.286		0		1		0.081	0.072	
Valine.....g	0.428		0		1		0.121	0.107	
Arginine.....g	0.429		0		1		0.122	0.107	
Histidine.....g	0.202		0		1		0.057	0.051	
Alanine.....g	0.357		0		1		0.101	0.089	
Aspartic acid.....g	0.549		0		1		0.156	0.137	
Glutamic acid.....g	2.623		0		1		0.744	0.656	
Glycine.....g	0.372		0		1		0.105	0.093	
Proline.....g	0.832		0		1		0.236	0.208	
Serine.....g	0.443		0		1		0.126	0.111	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	RK	4		0	0	
Theobromine.....mg	0		0	RK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18040
Bread, oatmeal, toasted

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 25g: 1 slice

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18955

Bread, pan dulce, sweet yeast bread

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....µg	0		0	BFZN	4		0		
Vitamin K (phylloquinone).....µg	1.6		2	A	1		1.0		
Dihydrophyloquinone.....µg	10.4		2	A	1		6.6		
Menaquinone-4.....µg	0.0		2	A	1		0.0		
Lipids:									
Fatty acids, total saturated.....g	2.183		0	NC	4		1.375		
4:0.....g	0.000		0	BFZN	4		0.000		
6:0.....g	0.000		2	A	1		0.000		
8:0.....g	0.000		2	A	1		0.000		
10:0.....g	0.021		2	A	1		0.013		
12:0.....g	0.002		2	A	1		0.001		
13:0.....g									
14:0.....g	0.023		2	A	1		0.014		
15:0.....g	0.004		2	A	1		0.002		
16:0.....g	1.128		2	A	1		0.710		
17:0.....g	0.012		2	A	1		0.008		
18:0.....g	0.948		2	A	1		0.598		
20:0.....g	0.021		2	A	1		0.014		
22:0.....g	0.017		2	A	1		0.011		
24:0.....g	0.007		2	A	1		0.004		
Fatty acids, total monounsaturated.....g	3.499		0	NC	4		2.205		
14:1.....g	0.002		2	A	1		0.001		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.035		0	AS	1		0.022		
16:1 c.....g	0.034		2	A	1		0.022		
16:1 t.....g	0.001		2	A	1		0.001		
17:1.....g	0.000		2	A	1		0.000		
18:1 undifferentiated.....g	3.437		0	AS	1		2.165		
18:1 c.....g	2.542		2	A	1		1.601		
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.895		2	A	1		0.564		
18:1-11t (18:1t n-7).....g									
20:1.....g	0.025		2	A	1		0.015		
22:1 undifferentiated.....g	0.000		0	AS	1		0.000		
22:1 c.....g	0.000		2	A	1		0.000		
22:1 t.....g	0.000		2	A	1		0.000		
24:1 c.....g	0.001		2	A	1		0.001		
Fatty acids, total polyunsaturated.....g	1.530		0	NC	4		0.964		
18:2 undifferentiated.....g	1.433		0	AS	1		0.903		
18:2 n-6 c,c.....g	1.210		2	A	1		0.763		
18:2 CLAs.....g	0.016		2	A	1		0.010		
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.207		2	A	1		0.130		
18:3 undifferentiated.....g	0.066		0	AS	1		0.042		
18:3 n-3 c,c,c (ALA).....g	0.066		2	A	1		0.042		
18:3 n-6 c,c,c.....g	0.001		2	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		2	A	1		0.000		
20:2 n-6 c,c.....g	0.009		2	A	1		0.005		
20:3 undifferentiated.....g	0.003		0	AS	1		0.002		
20:3 n-3.....g	0.002		2	A	1		0.001		
20:3 n-6.....g	0.002		2	A	1		0.001		
20:4 undifferentiated.....g	0.009		2	A	1		0.006		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000		
21:5.....g									
22:4.....g	0.009		2	A	1		0.005		
22:5 n-3 (DPA).....g	0.001		2	A	1		0.001		

NDB No. 18955

Bread, pan dulce, sweet yeast bread

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
22:6 n-3 (DHA).....g	0.000		2	A	1	0.000		
Fatty acids, total trans.....g	1.103		0	NC	4	0.695		
Fatty acids, total trans-monoenoic.....g	0.896		0	NC	4	0.564		
Fatty acids, total trans-polyenoic.....g	0.207		0	NC	4	0.130		
Cholesterol.....mg	30		0	BFZN	4	19		
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	BFZN	4	0.0		
Caffeine.....mg	0		0	BFZN	4	0		
Theobromine.....mg	0		0	BFZN	4	0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 63g: 1 slice (average weight of 1 slice)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18041
Bread, pita, white, enriched

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	32.10	1.012	17		1		19.26	8.99	
Energy.....kcal	275		0	NC	4		165	77	
Energy.....kJ	1151		0		4		690	322	
Protein (N x 5.7).....g	9.10	0.098	37		1		5.46	2.55	
Total lipid (fat).....g	1.20	0.040	36		1		0.72	0.34	
Ash.....g	1.90	0.094	14		1		1.14	0.53	
Carbohydrate, by difference.....g	55.70		0	NC	4		33.42	15.60	
Fiber, total dietary.....g	2.2		0		1		1.3	0.6	
Sugars, total.....g	1.30		0	FLA	4		0.78	0.36	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	86	2.853	38		1		52	24	
Iron, Fe.....mg	2.62	0.036	35		1		1.57	0.73	
Magnesium, Mg.....mg	26	1.034	13		1		16	7	
Phosphorus, P.....mg	97	2.804	13		1		58	27	
Potassium, K.....mg	120	6.316	17		1		72	34	
Sodium, Na.....mg	536	16.930	24		1		322	150	
Zinc, Zn.....mg	0.84	0.041	13		1		0.50	0.24	
Copper, Cu.....mg	0.168	0.012	13		1		0.101	0.047	
Manganese, Mn.....mg	0.481	0.018	13		1		0.289	0.135	
Selenium, Se.....µg	27.1	8.091	6	A	1		16.3	7.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.599	0.009	32		1		0.359	0.168	
Riboflavin.....mg	0.327	0.007	32		1		0.196	0.092	
Niacin.....mg	4.632	0.083	32		1		2.779	1.297	
Pantothenic acid.....mg	0.397	0.020	12		1		0.238	0.111	
Vitamin B-6.....mg	0.034	0.005	11		1		0.020	0.010	
Folate, total.....µg	107		0	FLA	4		64	30	
Folic acid.....µg	83		0		4		50	23	
Folate, food.....µg	24	2.596	10		1		14	7	
Folate, DFE.....mcg_DFE	165		0	NC	4		99	46	
Choline, total.....mg	14.6		0	BFZN	4		8.8	4.1	
Betaine.....mg									
Vitamin B-12.....µg	0.00		1		1		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	0		0		4		0	0	
Carotene, alpha.....µg	0		0		4		0	0	
Cryptoxanthin, beta.....µg	0		0		4		0	0	
Vitamin A, IU.....IU	0		0		1		0	0	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	53		0	FLA	4		32	15	
Vitamin E (alpha-tocopherol).....mg	0.30		0	FLA	4		0.18	0.08	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.2		0	FLA	4		0.1	0.1	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 18041
Bread, pita, white, enriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points					
Fatty acids, total saturated.....g	0.166		0		1		0.100	0.046
4:0.....g	0.000		0		1		0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000
13:0.....g								
14:0.....g	0.000		0		1		0.000	0.000
15:0.....g								
16:0.....g	0.156		0		1		0.094	0.044
17:0.....g								
18:0.....g	0.009		0		1		0.005	0.003
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.105		0		1		0.063	0.029
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.013		0		1		0.008	0.004
17:1.....g								
18:1 undifferentiated.....g	0.092		0		1		0.055	0.026
20:1.....g	0.000		0		1		0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.535		0		1		0.321	0.150
18:2 undifferentiated.....g	0.511		0		1		0.307	0.143
18:3 undifferentiated.....g	0.024		0		1		0.014	0.007
18:4.....g	0.000		0		1		0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		2		1		0	0
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.105		0		1		0.063	0.029
Threonine.....g	0.257		0		1		0.154	0.072
Isoleucine.....g	0.349		0		1		0.209	0.098
Leucine.....g	0.634		0		1		0.380	0.178
Lysine.....g	0.219		0		1		0.131	0.061
Methionine.....g	0.160		0		1		0.096	0.045
Cystine.....g	0.197		0		1		0.118	0.055
Phenylalanine.....g	0.446		0		1		0.268	0.125
Tyrosine.....g	0.257		0		1		0.154	0.072
Valine.....g	0.394		0		1		0.236	0.110
Arginine.....g	0.329		0		1		0.197	0.092
Histidine.....g	0.195		0		1		0.117	0.055
Alanine.....g	0.302		0		1		0.181	0.085
Aspartic acid.....g	0.408		0		1		0.245	0.114
Glutamic acid.....g	3.033		0		1		1.820	0.849
Glycine.....g	0.319		0		1		0.191	0.089
Proline.....g	1.012		0		1		0.607	0.283
Serine.....g	0.438		0		1		0.263	0.123
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0
Theobromine.....mg	0		0	FLA	4		0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18041
Bread, pita, white, enriched

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Measure 1	Measure 2	Measure 3
			of Data	Code	Code			
			Points	Code	Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 60g: 1 pita, large (6-1/2" dia)
Measure 2 = 28g: 1 pita, small (4" dia)

Calories Factors: Protein 4 Fat 8.4 Carbohydrate 4.1

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18413
Bread, pita, white, unenriched

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	<u>measures of food</u>		
							Measure 1	Measure 2	Measure 3
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.156		0		4		0.044	0.094	
17:0.....g									
18:0.....g	0.009		0		4		0.003	0.005	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.105		0		4		0.030	0.063	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.013		0		4		0.004	0.008	
17:1.....g									
18:1 undifferentiated.....g	0.092		0		4		0.026	0.055	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.535		0		4		0.152	0.321	
18:2 undifferentiated.....g	0.511		0		4		0.145	0.307	
18:3 undifferentiated.....g	0.024		0		4		0.007	0.014	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		2		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.105		0		4		0.030	0.063	
Threonine.....g	0.257		0		4		0.073	0.154	
Isoleucine.....g	0.349		0		4		0.099	0.209	
Leucine.....g	0.634		0		4		0.180	0.380	
Lysine.....g	0.219		0		4		0.062	0.131	
Methionine.....g	0.160		0		4		0.045	0.096	
Cystine.....g	0.197		0		4		0.056	0.118	
Phenylalanine.....g	0.446		0		4		0.126	0.268	
Tyrosine.....g	0.257		0		4		0.073	0.154	
Valine.....g	0.394		0		4		0.112	0.236	
Arginine.....g	0.329		0		4		0.093	0.197	
Histidine.....g	0.195		0		4		0.055	0.117	
Alanine.....g	0.302		0		4		0.086	0.181	
Aspartic acid.....g	0.408		0		4		0.116	0.245	
Glutamic acid.....g	3.033		0		4		0.860	1.820	
Glycine.....g	0.319		0		4		0.090	0.191	
Proline.....g	1.012		0		4		0.287	0.607	
Serine.....g	0.438		0		4		0.124	0.263	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18413

Bread, pita, white, unenriched

Measure 2 = 60g: 1 pita, large (6-1/2" dia)

Calories Factors: Protein 4

Fat 8.4

Carbohydrate4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18042
Bread, pita, whole-w heat

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	30.60	0.378	4		1		19.58	8.57	
Energy.....kcal	266		0	NC	4		170	74	
Energy.....kJ	1113		0		4		712	312	
Protein (N x 5.8).....g	9.80		2		1		6.27	2.74	
Total lipid (fat).....g	2.60	0.092	3		1		1.66	0.73	
Ash.....g	2.00		2		1		1.28	0.56	
Carbohydrate, by difference.....g	55.00		0		4		35.20	15.40	
Fiber, total dietary.....g	7.4		0		1		4.7	2.1	
Sugars, total.....g	0.82		0	FLA	4		0.52	0.23	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	15		2		1		10	4	
Iron, Fe.....mg	3.06		0	FLA	4		1.96	0.86	
Magnesium, Mg.....mg	69		2		1		44	19	
Phosphorus, P.....mg	180		2		1		115	50	
Potassium, K.....mg	170		2		1		109	48	
Sodium, Na.....mg	532	40.543	3		1		340	149	
Zinc, Zn.....mg	1.52		2		1		0.97	0.43	
Copper, Cu.....mg	0.290		0	FLA	4		0.186	0.081	
Manganese, Mn.....mg	1.740		2		1		1.114	0.487	
Selenium, Se.....µg	44.0	3.580	5	A	1		28.2	12.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.339	0.011	8		1		0.217	0.095	
Riboflavin.....mg	0.080	0.001	8		1		0.051	0.022	
Niacin.....mg	2.840	0.057	8		1		1.818	0.795	
Pantothenic acid.....mg	0.831		0	FLA	4		0.532	0.233	
Vitamin B-6.....mg	0.265		0	FLA	4		0.170	0.074	
Folate, total.....µg	35		0		4		22	10	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	35		0		4		22	10	
Folate, DFE.....mcg_DFE	35		0	NC	4		22	10	
Choline, total.....mg	26.5		0	BFZN	4		17.0	7.4	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	FLA	4		0	0	
Carotene, beta.....µg	0		0		7		0	0	
Carotene, alpha.....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	0		0	NC	4		0	0	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	53		0	O	4		34	15	
Vitamin E (alpha-tocopherol).....mg	0.61		0	FLA	4		0.39	0.17	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	1.4		0	FLA	4		0.9	0.4	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.410		0		4		0.262	0.115	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.001		0		4		0.001	0.000	
13:0.....g									
14:0.....g	0.004		0		4		0.003	0.001	
15:0.....g									
16:0.....g	0.373		0		4		0.239	0.104	
17:0.....g									
18:0.....g	0.022		0		4		0.014	0.006	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.349		0		4		0.223	0.098	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.037		0		4		0.024	0.010	
17:1.....g									
18:1 undifferentiated.....g	0.312		0		4		0.200	0.087	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.055		0		4		0.675	0.295	
18:2 undifferentiated.....g	1.001		0		4		0.641	0.280	
18:3 undifferentiated.....g	0.052		0		4		0.033	0.015	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.003		0		4		0.002	0.001	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.149		0		4		0.095	0.042	
Threonine.....g	0.282		0		4		0.180	0.079	
Isoleucine.....g	0.367		0		4		0.235	0.103	
Leucine.....g	0.671		0		4		0.429	0.188	
Lysine.....g	0.265		0		4		0.170	0.074	
Methionine.....g	0.153		0		4		0.098	0.043	
Cystine.....g	0.228		0		4		0.146	0.064	
Phenylalanine.....g	0.470		0		4		0.301	0.132	
Tyrosine.....g	0.292		0		4		0.187	0.082	
Valine.....g	0.441		0		4		0.282	0.123	
Arginine.....g	0.455		0		4		0.291	0.127	
Histidine.....g	0.226		0		4		0.145	0.063	
Alanine.....g	0.343		0		4		0.220	0.096	
Aspartic acid.....g	0.494		0		4		0.316	0.138	
Glutamic acid.....g	3.153		0		4		2.018	0.883	
Glycine.....g	0.394		0		4		0.252	0.110	
Proline.....g	1.046		0		4		0.669	0.293	
Serine.....g	0.469		0		4		0.300	0.131	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18042
Bread, pita, whole-w heat

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 64g: 1 pita, large (6-1/2" dia)

Measure 2 = 28g: 1 pita, small (4" dia)

Calories Factors: Protein 3.6

Fat 8.4

Carbohydrate 3.8

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18971

Bread, potato

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	33.55		0	FLC	4		10.74		
Energy.....kcal	266		0	NC	4		85		
Energy.....kJ	1115		0	NC	4		357		
Protein (N x 6.25).....g	12.50		1	LC	8		4.00		
Total lipid (fat).....g	3.13		1	LC	8		1.00		
Ash.....g	3.76		0	FLC	4		1.20		
Carbohydrate, by difference.....g	47.07		0	NC	4		15.06		
Fiber, total dietary.....g	6.3		1	LC	8		2.0		
Sugars, total.....g	12.50		1	LC	8		4.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	188		1	LC	8		60		
Iron, Fe.....mg	2.25		1	LC	8		0.72		
Magnesium, Mg.....mg	28		0	FLC	4		9		
Phosphorus, P.....mg	369		0	FLC	4		118		
Potassium, K.....mg	718		0	FLC	4		230		
Sodium, Na.....mg	375		1	LC	8		120		
Zinc, Zn.....mg	1.44		0	FLC	4		0.46		
Copper, Cu.....mg	0.094		0	FLC	4		0.030		
Manganese, Mn.....mg	0.253		0	FLC	4		0.081		
Selenium, Se.....µg	9.5		0	FLC	4		3.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	LC	8		0.0		
Thiamin.....mg	0.188		1	LC	8		0.060		
Riboflavin.....mg	0.106		1	LC	8		0.034		
Niacin.....mg	1.250		1	LC	8		0.400		
Pantothenic acid.....mg	0.817		0	FLC	4		0.261		
Vitamin B-6.....mg	0.232		0	FLC	4		0.074		
Folate, total.....µg	126		0	FLC	4		40		
Folic acid.....µg	33		0	FLC	4		11		
Folate, food.....µg	92		0	FLC	4		29		
Folate, DFE.....mcg_DFE	149		0	NC	4		48		
Choline, total.....mg	18.4		0	FLC	4		5.9		
Betaine.....mg									
Vitamin B-12.....µg	0.15		0	FLC	4		0.05		
Vitamin B-12, added.....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE.....mcg_RAE	24		0	FLC	4		8		
Retinol.....µg	24		0	FLC	4		8		
Carotene, beta.....µg	6		0	FLC	4		2		
Carotene, alpha.....µg	0		0	FLC	4		0		
Cryptoxanthin, beta.....µg	0		0	FLC	4		0		
Vitamin A, IU.....IU	89		0	FLC	4		28		
Lycopene.....µg	0		0	FLC	4		0		
Lutein + zeaxanthin.....µg	17		0	FLC	4		5		
Vitamin E (alpha-tocopherol).....mg	0.47		0	FLC	4		0.15		
Vitamin E, added.....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.1		0	FLC	4		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	2		0	FLC	4		1		
Vitamin K (phylloquinone).....µg	6.8		0	FLC	4		2.2		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total saturated.....g	0.000		1	LC	8		0.000		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.000		0	FLC	4		0.000		
12:0.....g	0.000		0	FLC	4		0.000		
13:0.....g									
14:0.....g	0.000		0	FLC	4		0.000		
15:0.....g	0.000		0	FLC	4		0.000		
16:0.....g	0.000		0	FLC	4		0.000		
17:0.....g	0.000		0	FLC	4		0.000		
18:0.....g	0.000		0	FLC	4		0.000		
20:0.....g	0.000		0	FLC	4		0.000		
22:0.....g	0.000		0	FLC	4		0.000		
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		1	LC	8		0.000		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
17:1.....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		1	LC	8		0.000		
18:2 undifferentiated.....g	0.000		0	FLC	4		0.000		
18:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c.c.....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.000		1	LC	8		0.000		
Cholesterol.....mg	0		1	LC	8		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.081		0	FLC	4		0.026		
Threonine.....g	0.224		0	FLC	4		0.072		
Isoleucine.....g	0.268		0	FLC	4		0.086		
Leucine.....g	0.440		0	FLC	4		0.141		
Lysine.....g	0.311		0	FLC	4		0.099		
Methionine.....g	0.112		0	FLC	4		0.036		
Cystine.....g	0.086		0	FLC	4		0.027		
Phenylalanine.....g	0.285		0	FLC	4		0.091		
Tyrosine.....g	0.213		0	FLC	4		0.068		
Valine.....g	0.305		0	FLC	4		0.098		
Arginine.....g	0.265		0	FLC	4		0.085		
Histidine.....g	0.143		0	FLC	4		0.046		
Alanine.....g	0.243		0	FLC	4		0.078		
Aspartic acid.....g	0.533		0	FLC	4		0.170		
Glutamic acid.....g	1.352		0	FLC	4		0.433		
Glycine.....g	0.204		0	FLC	4		0.065		
Proline.....g	0.479		0	FLC	4		0.153		
Serine.....g	0.275		0	FLC	4		0.088		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18971

Bread, potato

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code						

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: 1 slice

Calories Factors: Protein 4

Fat 9

Carbohydrate4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18954

Bread, pound cake type, pan de torta salvadoran

Latino food

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	22.38		1	A	1		12.31	139.20	
Energy.....kcal	390		0	NC	4		215	2429	
Energy.....kJ	1634		0	NC	4		899	10163	
Protein.....g	7.06		1	A	1		3.88	43.92	
Total lipid (fat).....g	17.45		1	A	1		9.60	108.54	
Ash.....g	1.82		1	A	1		1.00	11.32	
Carbohydrate, by difference.....g	51.29		0	NC	4		28.21	319.01	
Fiber, total dietary.....g	1.7		1	A	1		0.9	10.6	
Sugars, total.....g	18.10		0	NR	4		9.96	112.58	
Sucrose.....g	17.30		1	A	1		9.51	107.61	
Glucose (dextrose).....g	0.27		1	A	1		0.15	1.68	
Fructose.....g	0.25		1	A	1		0.14	1.56	
Lactose.....g	0.00		1	A	1		0.00	0.00	
Maltose.....g	0.28		1	A	1		0.15	1.74	
Galactose.....g									
Starch.....g	25.20		1	A	1		13.86	156.74	
Minerals:									
Calcium, Ca.....mg	46		1	A	1		25	286	
Iron, Fe.....mg	2.20		1	A	1		1.21	13.68	
Magnesium, Mg.....mg	19		1	A	1		10	118	
Phosphorus, P.....mg	300		1	A	1		165	1866	
Potassium, K.....mg	210		1	A	1		116	1306	
Sodium, Na.....mg	390		1	A	1		215	2426	
Zinc, Zn.....mg	0.62		1	A	1		0.34	3.86	
Copper, Cu.....mg	0.030		1	A	1		0.016	0.186	
Manganese, Mn.....mg	0.260		1	A	1		0.143	1.617	
Selenium, Se.....µg	13.5		1	A	1		7.4	84.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.070		1	A	1		0.039	0.435	
Riboflavin.....mg	0.180		1	A	1		0.099	1.120	
Niacin.....mg	4.700		1	A	1		2.585	29.233	
Pantothenic acid.....mg	0.550		1	A	1		0.303	3.421	
Vitamin B-6.....mg	0.050		1	A	1		0.028	0.311	
Folate, total.....µg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU									
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	1.42		1	A	1		0.78	8.83	
Tocopherol, beta.....mg	0.77		1	A	1		0.42	4.79	
Tocopherol, gamma.....mg	7.70		1	A	1		4.23	47.89	
Tocopherol, delta.....mg	3.79		1	A	1		2.08	23.57	
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	3.042		0	NC	4		1.673	18.919	
4:0.....g	0.000		1	A	1		0.000	0.000	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.003		1	A	1		0.002	0.019	
8:0.....g	0.002		1	A	1		0.001	0.012	
10:0.....g	0.024		1	A	1		0.013	0.149	
12:0.....g	0.006		1	A	1		0.003	0.037	
13:0.....g									
14:0.....g	0.033		1	A	1		0.018	0.205	
15:0.....g	0.005		1	A	1		0.003	0.030	
16:0.....g	2.028		1	A	1		1.115	12.614	
17:0.....g	0.019		1	A	1		0.010	0.118	
18:0.....g	0.804		1	A	1		0.442	5.001	
20:0.....g	0.050		1	A	1		0.028	0.311	
22:0.....g	0.051		1	A	1		0.028	0.317	
24:0.....g	0.017		1	A	1		0.009	0.106	
Fatty acids, total monounsaturated.....g	4.411		0	NC	4		2.426	27.436	
14:1.....g	0.000		1	A	1		0.000	0.000	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.046		0	AS	1		0.025	0.286	
16:1 c.....g	0.046		1	A	1		0.025	0.286	
16:1 t.....g	0.000		1	A	1		0.000	0.000	
17:1.....g	0.010		1	A	1		0.005	0.062	
18:1 undifferentiated.....g	4.259		0	AS	1		2.342	26.491	
18:1 c.....g	4.177		1	A	1		2.297	25.981	
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.082		1	A	1		0.045	0.510	
18:1-11t (18:1t n-7).....g									
20:1.....g	0.093		1	A	1		0.051	0.578	
22:1 undifferentiated.....g	0.003		0	AS	1		0.002	0.019	
22:1 c.....g	0.003		1	A	1		0.002	0.019	
22:1 t.....g	0.000		1	A	1		0.000	0.000	
24:1 c.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	9.424		0	NC	4		5.183	58.615	
18:2 undifferentiated.....g	8.160		0	AS	1		4.488	50.755	
18:2 n-6 c,c.....g	8.074		1	A	1		4.441	50.220	
18:2 CLAs.....g	0.008		1	A	1		0.004	0.050	
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.078		1	A	1		0.043	0.485	
18:3 undifferentiated.....g	1.213		0	AS	1		0.667	7.544	
18:3 n-3 c,c,c (ALA).....g	1.158		1	A	1		0.637	7.202	
18:3 n-6 c,c,c.....g	0.055		1	A	1		0.030	0.341	
18:3i.....g									
18:4.....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.009		1	A	1		0.005	0.055	
20:3 undifferentiated.....g	0.004		0	AS	1		0.002	0.025	
20:3 n-3.....g	0.000		1	A	1		0.000	0.000	
20:3 n-6.....g	0.004		1	A	1		0.002	0.025	
20:4 undifferentiated.....g	0.025		1	A	1		0.014	0.156	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.002		1	A	1		0.001	0.012	
21:5.....g									
22:4.....g	0.004		1	A	1		0.002	0.025	
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.007		1	A	1		0.004	0.044	
Fatty acids, total trans.....g	0.160		0	NC	4		0.088	0.995	
Fatty acids, total trans-monoenoic.....g	0.082		0	NC	4		0.045	0.510	
Fatty acids, total trans-polyenoic.....g	0.078		0	NC	4		0.043	0.485	
Cholesterol.....mg									
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.090		0	A	1		0.050	0.560	

NDB No. 18954

Bread, pound cake type, pan de torta salvadoran

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Threonine.....g	0.160		0	A	1	0.088	0.995	
Isoleucine.....g	0.240		0	A	1	0.132	1.492	
Leucine.....g	0.540		0	A	1	0.297	3.359	
Lysine.....g	0.150		0	A	1	0.083	0.933	
Methionine.....g	0.180		0	A	1	0.099	1.120	
Cystine.....g	0.060		0	A	1	0.033	0.373	
Phenylalanine.....g	0.350		0	A	1	0.192	2.176	
Tyrosine.....g	0.170		0	A	1	0.094	1.057	
Valine.....g	0.330		0	A	1	0.182	2.053	
Arginine.....g	0.180		0	A	1	0.099	1.120	
Histidine.....g	0.100		0	A	1	0.055	0.622	
Alanine.....g	0.290		0	A	1	0.159	1.803	
Aspartic acid.....g	0.390		0	A	1	0.214	2.425	
Glutamic acid.....g	2.170		0	A	1	1.194	13.497	
Glycine.....g	0.230		0	A	1	0.126	1.431	
Proline.....g	1.090		0	A	1	0.600	6.780	
Serine.....g	0.380		0	A	1	0.209	2.363	
Hydroxyproline.....g	0.000		1	A	1	0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 55g: 1 serving

Measure 2 = 622g: 1 cake square

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18043
Bread, protein (includes gluten)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	40.00	0.400	57		1		11.34	7.60	
Energy.....kcal	245		0	NC	4		69	47	
Energy.....kJ	1025		0		4		291	195	
Protein (N x 5.7).....g	12.10	0.141	62		1		3.43	2.30	
Total lipid (fat).....g	2.20	0.075	62		1		0.62	0.42	
Ash.....g	1.90	0.159	10		1		0.54	0.36	
Carbohydrate, by difference.....g	43.80		0		4		12.42	8.32	
Fiber, total dietary.....g	3.0		0		4		0.9	0.6	
Sugars, total.....g	1.44		0	FLA	4		0.41	0.27	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	124	7.858	12		1		35	24	
Iron, Fe.....mg	4.15	0.400	12		1		1.18	0.79	
Magnesium, Mg.....mg	65		0	FLA	4		18	12	
Phosphorus, P.....mg	185		0	FLA	4		52	35	
Potassium, K.....mg	322		0	FLA	4		91	61	
Sodium, Na.....mg	478		0	LC	8		136	91	
Zinc, Zn.....mg	1.82		0	FLA	4		0.52	0.35	
Copper, Cu.....mg	0.417		0	FLA	4		0.118	0.079	
Manganese, Mn.....mg	1.472		0	FLA	4		0.417	0.280	
Selenium, Se.....µg	32.9		0	FLA	4		9.3	6.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.360	0.009	60		1		0.102	0.068	
Riboflavin.....mg	0.394	0.047	12		1		0.112	0.075	
Niacin.....mg	4.289	0.284	11		1		1.216	0.815	
Pantothenic acid.....mg	0.420		1		1		0.119	0.080	
Vitamin B-6.....mg	0.071		1		1		0.020	0.013	
Folate, total.....µg	116		0	FLA	4		33	22	
Folic acid.....µg	81		0		4		23	15	
Folate, food.....µg	35		1		1		10	7	
Folate, DFE.....mcg_DFE	173		0	NC	4		49	33	
Choline, total.....mg	18.7		0	BFZN	4		5.3	3.6	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	FLA	4		0	0	
Retinol.....µg	0		0	FLA	4		0	0	
Carotene, beta.....µg	3		0	FLA	4		1	1	
Carotene, alpha.....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	5		0	NC	4		1	1	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	77		0	FLA	4		22	15	
Vitamin E (alpha-tocopherol).....mg	0.36		0	FLA	4		0.10	0.07	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	1.3		0	FLA	4		0.4	0.2	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 18043
Bread, protein (includes gluten)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Fatty acids, total saturated.....g	0.332		0		4		0.094	0.063	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.001		0		4		0.000	0.000	
15:0.....g									
16:0.....g	0.286		0		4		0.081	0.054	
17:0.....g									
18:0.....g	0.021		0		4		0.006	0.004	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.183		0		4		0.052	0.035	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.182		0		4		0.052	0.035	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.009		0		4		0.286	0.192	
18:2 undifferentiated.....g	0.950		0		4		0.269	0.181	
18:3 undifferentiated.....g	0.059		0		4		0.017	0.011	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.148		0		4		0.042	0.028	
Threonine.....g	0.366		0		4		0.104	0.070	
Isoleucine.....g	0.471		0		4		0.134	0.089	
Leucine.....g	0.858		0		4		0.243	0.163	
Lysine.....g	0.372		0		4		0.105	0.071	
Methionine.....g	0.199		0		4		0.056	0.038	
Cystine.....g	0.247		0		4		0.070	0.047	
Phenylalanine.....g	0.596		0		4		0.169	0.113	
Tyrosine.....g	0.362		0		4		0.103	0.069	
Valine.....g	0.518		0		4		0.147	0.098	
Arginine.....g	0.548		0		4		0.155	0.104	
Histidine.....g	0.271		0		4		0.077	0.051	
Alanine.....g	0.414		0		4		0.117	0.079	
Aspartic acid.....g	0.734		0		4		0.208	0.139	
Glutamic acid.....g	3.689		0		4		1.046	0.701	
Glycine.....g	0.444		0		4		0.126	0.084	
Proline.....g	1.222		0		4		0.346	0.232	
Serine.....g	0.605		0		4		0.172	0.115	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18043

Bread, protein (includes gluten)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 19g: 1 slice

Calories Factors: Protein 3.9

Fat 8.4

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18383

Bread, protein, toasted (includes gluten)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	34.00		0		4		9.64	5.78	
Energy.....kcal	270		0		4		77	46	
Energy.....kJ	1130		0		4		320	192	
Protein (N x 0).....g	13.20		0		4		3.74	2.24	
Total lipid (fat).....g	2.40		0		4		0.68	0.41	
Ash.....g	2.10		0		4		0.60	0.36	
Carbohydrate, by difference.....g	48.10		0		4		13.64	8.18	
Fiber, total dietary.....g	3.3		0		4		0.9	0.6	
Sugars, total.....g	1.44		0	RA	4		0.41	0.24	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	136		0		4		39	23	
Iron, Fe.....mg	4.56		0		4		1.29	0.78	
Magnesium, Mg.....mg	56		0		4		16	10	
Phosphorus, P.....mg	189		0		4		54	32	
Potassium, K.....mg	346		0		4		98	59	
Sodium, Na.....mg	601		0		4		170	102	
Zinc, Zn.....mg	1.17		0		4		0.33	0.20	
Copper, Cu.....mg	0.205		0		4		0.058	0.035	
Manganese, Mn.....mg	0.803		0		4		0.228	0.137	
Selenium, Se.....µg	36.2		0	RK	4		10.3	6.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.317		0		4		0.090	0.054	
Riboflavin.....mg	0.389		0		4		0.110	0.066	
Niacin.....mg	4.241		0		4		1.202	0.721	
Pantothenic acid.....mg	0.300		0		4		0.085	0.051	
Vitamin B-6.....mg	0.070		0		4		0.020	0.012	
Folate, total.....µg	99		0	RA	4		28	17	
Folic acid.....µg	72		0		4		20	12	
Folate, food.....µg	27		0		4		8	5	
Folate, DFE.....mcg_DFE	149		0	NC	4		42	25	
Choline, total.....mg	20.3		0	RK	4		5.8	3.5	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	RA	4		0	0	
Carotene, beta.....µg	3		0	RA	4		1	0	
Carotene, alpha.....µg	0		0	RA	4		0	0	
Cryptoxanthin, beta.....µg	0		0	RA	4		0	0	
Vitamin A, IU.....IU	5		0	RA	4		1	1	
Lycopene.....µg	0		0	RA	4		0	0	
Lutein + zeaxanthin.....µg	73		0	RA	4		21	12	
Vitamin E (alpha-tocopherol).....mg	0.36		0	RA	4		0.10	0.06	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	1.3		0	RA	4		0.4	0.2	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 18383

Bread, protein, toasted (includes gluten)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points					
Fatty acids, total saturated.....g	0.364		0			4	0.103	0.062
4:0.....g	0.000		0			4	0.000	0.000
6:0.....g	0.000		0			4	0.000	0.000
8:0.....g	0.000		0			4	0.000	0.000
10:0.....g	0.000		0			4	0.000	0.000
12:0.....g	0.000		0			4	0.000	0.000
13:0.....g								
14:0.....g	0.002		0			4	0.001	0.000
15:0.....g								
16:0.....g	0.315		0			4	0.089	0.054
17:0.....g								
18:0.....g	0.023		0			4	0.007	0.004
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.201		0			4	0.057	0.034
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.001		0			4	0.000	0.000
17:1.....g								
18:1 undifferentiated.....g	0.200		0			4	0.057	0.034
20:1.....g	0.000		0			4	0.000	0.000
22:1 undifferentiated.....g	0.000		0			4	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.109		0			4	0.314	0.189
18:2 undifferentiated.....g	1.044		0			4	0.296	0.177
18:3 undifferentiated.....g	0.065		0			4	0.018	0.011
18:4.....g	0.000		0			4	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0			4	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0			4	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0			4	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0			4	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0			4	0	0
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.163		0			4	0.046	0.028
Threonine.....g	0.402		0			4	0.114	0.068
Isoleucine.....g	0.518		0			4	0.147	0.088
Leucine.....g	0.943		0			4	0.267	0.160
Lysine.....g	0.409		0			4	0.116	0.070
Methionine.....g	0.218		0			4	0.062	0.037
Cystine.....g	0.272		0			4	0.077	0.046
Phenylalanine.....g	0.655		0			4	0.186	0.111
Tyrosine.....g	0.397		0			4	0.113	0.067
Valine.....g	0.569		0			4	0.161	0.097
Arginine.....g	0.602		0			4	0.171	0.102
Histidine.....g	0.297		0			4	0.084	0.050
Alanine.....g	0.455		0			4	0.129	0.077
Aspartic acid.....g	0.806		0			4	0.229	0.137
Glutamic acid.....g	4.054		0			4	1.149	0.689
Glycine.....g	0.488		0			4	0.138	0.083
Proline.....g	1.343		0			4	0.381	0.228
Serine.....g	0.664		0			4	0.188	0.113
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0			7	0.0	0.0
Caffeine.....mg	0		0	RA		4	0	0
Theobromine.....mg	0		0	RA		4	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18383

Bread, protein, toasted (includes gluten)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code						

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 17g: 1 slice

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18044
Bread, pumpernickel

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	37.90	0.486	24		1		10.74	9.85	2.65
Energy.....kcal	250		0		4		71	65	18
Energy.....kJ	1046		0		4		297	272	73
Protein (N x 5.8).....g	8.70	0.079	43		1		2.47	2.26	0.61
Total lipid (fat).....g	3.10	0.135	43		1		0.88	0.81	0.22
Ash.....g	2.60	0.080	20		1		0.74	0.68	0.18
Carbohydrate, by difference.....g	47.50		0	NC	4		13.47	12.35	3.33
Fiber, total dietary.....g	6.5		0		1		1.8	1.7	0.5
Sugars, total.....g	0.53		0	FLA	4		0.15	0.14	0.04
Starch.....g									
Minerals:									
Calcium, Ca.....mg	68	3.933	40		1		19	18	5
Iron, Fe.....mg	2.87	0.089	35		1		0.81	0.75	0.20
Magnesium, Mg.....mg	54	2.896	13		1		15	14	4
Phosphorus, P.....mg	178	5.368	11		1		50	46	12
Potassium, K.....mg	208	7.178	18		1		59	54	15
Sodium, Na.....mg	671	24.996	16		1		190	174	47
Zinc, Zn.....mg	1.48	0.078	14		1		0.42	0.38	0.10
Copper, Cu.....mg	0.287	0.019	13		1		0.081	0.075	0.020
Manganese, Mn.....mg	1.305	0.087	13		1		0.370	0.339	0.091
Selenium, Se.....µg	24.5		0	FLA	4		6.9	6.4	1.7
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.327	0.012	38		1		0.093	0.085	0.023
Riboflavin.....mg	0.305	0.024	38		1		0.086	0.079	0.021
Niacin.....mg	3.091	0.099	38		1		0.876	0.804	0.216
Pantothenic acid.....mg	0.404	0.028	15		1		0.115	0.105	0.028
Vitamin B-6.....mg	0.126	0.015	13		1		0.036	0.033	0.009
Folate, total.....µg	93		0	FLA	4		26	24	6
Folic acid.....µg	59		0		4		17	15	4
Folate, food.....µg	34	2.353	10		1		10	9	2
Folate, DFE.....mcg_DFE	134		0	NC	4		38	35	9
Choline, total.....mg	14.6		0	FLC	4		4.1	3.8	1.0
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....µg	0		0	FLA	4		0	0	0
Carotene, beta.....µg	0		0		4		0	0	0
Carotene, alpha.....µg	0		0		4		0	0	0
Cryptoxanthin, beta.....µg	0		0		4		0	0	0
Vitamin A, IU.....IU	0		0		1		0	0	0
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	46		0	FLA	4		13	12	3
Vitamin E (alpha-tocopherol).....mg	0.42		0	FLA	4		0.12	0.11	0.03
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	0.8		0	FLA	4		0.2	0.2	0.1
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 18044
Bread, pumpernickel

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.437		0		4		0.124	0.114	0.031
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.000		0		4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.002		0		4		0.001	0.001	0.000
15:0.....g									
16:0.....g	0.332		0		4		0.094	0.086	0.023
17:0.....g									
18:0.....g	0.102		0		4		0.029	0.027	0.007
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.932		0		4		0.264	0.242	0.065
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.018		0		4		0.005	0.005	0.001
17:1.....g									
18:1 undifferentiated.....g	0.912		0		4		0.259	0.237	0.064
20:1.....g	0.002		0		4		0.001	0.001	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.237		0		4		0.351	0.322	0.087
18:2 undifferentiated.....g	1.145		0		4		0.325	0.298	0.080
18:3 undifferentiated.....g	0.092		0		4		0.026	0.024	0.006
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		2		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.097		0		1		0.027	0.025	0.007
Threonine.....g	0.267		0		1		0.076	0.069	0.019
Isoleucine.....g	0.334		0		1		0.095	0.087	0.023
Leucine.....g	0.602		0		1		0.171	0.157	0.042
Lysine.....g	0.248		0		1		0.070	0.064	0.017
Methionine.....g	0.155		0		1		0.044	0.040	0.011
Cystine.....g	0.190		0		1		0.054	0.049	0.013
Phenylalanine.....g	0.422		0		1		0.120	0.110	0.030
Tyrosine.....g	0.238		0		1		0.067	0.062	0.017
Valine.....g	0.396		0		1		0.112	0.103	0.028
Arginine.....g	0.359		0		1		0.102	0.093	0.025
Histidine.....g	0.196		0		1		0.056	0.051	0.014
Alanine.....g	0.324		0		1		0.092	0.084	0.023
Aspartic acid.....g	0.475		0		1		0.135	0.124	0.033
Glutamic acid.....g	2.721		0		1		0.771	0.707	0.190
Glycine.....g	0.337		0		1		0.096	0.088	0.024
Proline.....g	0.950		0		1		0.269	0.247	0.067
Serine.....g	0.417		0		1		0.118	0.108	0.029
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18044
Bread, pumpernickel

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code						

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

- Common Measures:**
Measure 1 = 28.35g: 1 oz
Measure 2 = 26g: 1 slice, regular
Measure 3 = 7.0g: 1 slice, snack-size

Calories Factors: Protein 3.7 Fat 8.7 Carbohydrate 4

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18045
 Bread, pumpernickel, toasted

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	31.80		0		1		9.02	9.22	
Energy.....kcal	275		0	NC	4		78	80	
Energy.....kJ	1151		0		4		326	334	
Protein (N x 0).....g	9.50		0		1		2.69	2.76	
Total lipid (fat).....g	3.40		0		1		0.96	0.99	
Ash.....g	2.80		0		1		0.79	0.81	
Carbohydrate, by difference.....g	52.20		0	NC	4		14.80	15.14	
Fiber, total dietary.....g	7.1		0		4		2.0	2.1	
Sugars, total.....g	0.58		0	RK	4		0.16	0.17	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	74		0		1		21	21	
Iron, Fe.....mg	3.15		0		1		0.89	0.91	
Magnesium, Mg.....mg	60		0		1		17	17	
Phosphorus, P.....mg	195		0		1		55	57	
Potassium, K.....mg	228		0		1		65	66	
Sodium, Na.....mg	738		0		1		209	214	
Zinc, Zn.....mg	1.62		0		1		0.46	0.47	
Copper, Cu.....mg	0.315		0		1		0.089	0.091	
Manganese, Mn.....mg	1.434		0		1		0.407	0.416	
Selenium, Se.....µg	26.9		0	RK	4		7.6	7.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.287		0		1		0.081	0.083	
Riboflavin.....mg	0.301		0		1		0.085	0.087	
Niacin.....mg	3.057		0		1		0.867	0.887	
Pantothenic acid.....mg	0.288		0		1		0.082	0.084	
Vitamin B-6.....mg	0.124		0		1		0.035	0.036	
Folate, total.....µg	87		0	RK	4		25	25	
Folic acid.....µg	60		0		4		17	17	
Folate, food.....µg	26		0		1		7	8	
Folate, DFE.....mcg_DFE	128		0	NC	4		36	37	
Choline, total.....mg	16.1		0	RK	4		4.6	4.7	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	RK	4		0	0	
Carotene, beta.....µg	0		0	RK	4		0	0	
Carotene, alpha.....µg	0		0	RK	4		0	0	
Cryptoxanthin, beta.....µg	0		0	RK	4		0	0	
Vitamin A, IU.....IU	0		0		1		0	0	
Lycopene.....µg	0		0	RK	4		0	0	
Lutein + zeaxanthin.....µg	48		0	RK	4		14	14	
Vitamin E (alpha-tocopherol).....mg	0.46		0	RK	4		0.13	0.13	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.9		0	RK	4		0.3	0.3	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 18045
Bread, pumpernickel, toasted

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	measures of food				
					Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.481		0		1		0.136	0.139	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.003		0		1		0.001	0.001	
15:0.....g									
16:0.....g	0.365		0		1		0.103	0.106	
17:0.....g									
18:0.....g	0.112		0		1		0.032	0.032	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.024		0		1		0.290	0.297	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		0		1		0.006	0.006	
17:1.....g									
18:1 undifferentiated.....g	1.002		0		1		0.284	0.291	
20:1.....g	0.002		0		1		0.001	0.001	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.359		0		1		0.385	0.394	
18:2 undifferentiated.....g	1.258		0		1		0.357	0.365	
18:3 undifferentiated.....g	0.101		0		1		0.029	0.029	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.107		0		1		0.030	0.031	
Threonine.....g	0.293		0		1		0.083	0.085	
Isoleucine.....g	0.366		0		1		0.104	0.106	
Leucine.....g	0.661		0		1		0.187	0.192	
Lysine.....g	0.273		0		1		0.077	0.079	
Methionine.....g	0.171		0		1		0.048	0.050	
Cystine.....g	0.209		0		1		0.059	0.061	
Phenylalanine.....g	0.464		0		1		0.132	0.135	
Tyrosine.....g	0.261		0		1		0.074	0.076	
Valine.....g	0.435		0		1		0.123	0.126	
Arginine.....g	0.395		0		1		0.112	0.115	
Histidine.....g	0.216		0		1		0.061	0.063	
Alanine.....g	0.356		0		1		0.101	0.103	
Aspartic acid.....g	0.522		0		1		0.148	0.151	
Glutamic acid.....g	2.991		0		1		0.848	0.867	
Glycine.....g	0.370		0		1		0.105	0.107	
Proline.....g	1.044		0		1		0.296	0.303	
Serine.....g	0.459		0		1		0.130	0.133	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	RK	4		0	0	
Theobromine.....mg	0		0	RK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18045

Bread, pumpernickel, toasted

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	<u>measures of food</u>		
							Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 29g: 1 slice (5" x 4" x 3/8")

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18047
Bread, raisin, enriched

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	33.60	0.286	47		1		9.53	10.75	8.74
Energy.....kcal	274		0	NC	4		78	88	71
Energy.....kJ	1146		0		4		325	367	298
Protein (N x 5.8).....g	7.90	0.086	55		1		2.24	2.53	2.05
Total lipid (fat).....g	4.40	0.144	54		1		1.25	1.41	1.14
Ash.....g	1.80	0.036	22		1		0.51	0.58	0.47
Carbohydrate, by difference.....g	52.30		0	NC	4		14.83	16.74	13.60
Fiber, total dietary.....g	4.3		0		1		1.2	1.4	1.1
Sugars, total.....g	5.68		0	FLA	4		1.61	1.82	1.48
Starch.....g									
Minerals:									
Calcium, Ca.....mg	66	5.711	29		1		19	21	17
Iron, Fe.....mg	2.90	0.149	24		1		0.82	0.93	0.75
Magnesium, Mg.....mg	26	1.166	13		1		7	8	7
Phosphorus, P.....mg	109	5.060	13		1		31	35	28
Potassium, K.....mg	227	11.006	15		1		64	73	59
Sodium, Na.....mg	313		0	LC	8		89	100	81
Zinc, Zn.....mg	0.72	0.045	13		1		0.20	0.23	0.19
Copper, Cu.....mg	0.198	0.009	13		1		0.056	0.063	0.051
Manganese, Mn.....mg	0.501	0.024	13		1		0.142	0.160	0.130
Selenium, Se.....µg	20.0		2	A	1		5.7	6.4	5.2
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	FLA	4		0.0	0.0	0.0
Thiamin.....mg	0.339	0.010	48		1		0.096	0.108	0.088
Riboflavin.....mg	0.398	0.038	26		1		0.113	0.127	0.103
Niacin.....mg	3.466	0.143	27		1		0.983	1.109	0.901
Pantothenic acid.....mg	0.387	0.042	15		1		0.110	0.124	0.101
Vitamin B-6.....mg	0.069	0.009	13		1		0.020	0.022	0.018
Folate, total.....µg	106		0	FLA	4		30	34	28
Folic acid.....µg	72		0		4		20	23	19
Folate, food.....µg	34	1.369	11		1		10	11	9
Folate, DFE.....mcg_DFE	156		0	NC	4		44	50	41
Choline, total.....mg	14.6		0	FLC	4		4.1	4.7	3.8
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....µg	0		0	FLA	4		0	0	0
Carotene, beta.....µg	0		0		4		0	0	0
Carotene, alpha.....µg	0		0		4		0	0	0
Cryptoxanthin, beta.....µg	0		0		4		0	0	0
Vitamin A, IU.....IU	0		0	FLA	4		0	0	0
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	44		0	FLA	4		13	14	12
Vitamin E (alpha-tocopherol).....mg	0.28		0	FLA	4		0.08	0.09	0.07
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	1.7		0	FLA	4		0.5	0.6	0.5
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 18047
Bread, raisin, enriched

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.081		0		4		0.306	0.346	0.281
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.000		0		4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.020		0		4		0.006	0.006	0.005
15:0.....g									
16:0.....g	0.584		0		4		0.166	0.187	0.152
17:0.....g									
18:0.....g	0.476		0		4		0.135	0.152	0.124
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.294		0		4		0.650	0.734	0.596
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006		0		4		0.002	0.002	0.002
17:1.....g									
18:1 undifferentiated.....g	2.288		0		4		0.649	0.732	0.595
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.679		0		4		0.192	0.217	0.177
18:2 undifferentiated.....g	0.641		0		4		0.182	0.205	0.167
18:3 undifferentiated.....g	0.038		0		4		0.011	0.012	0.010
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		2		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.083		0		1		0.024	0.027	0.022
Threonine.....g	0.222		0		1		0.063	0.071	0.058
Isoleucine.....g	0.287		0		1		0.081	0.092	0.075
Leucine.....g	0.516		0		1		0.146	0.165	0.134
Lysine.....g	0.200		0		1		0.057	0.064	0.052
Methionine.....g	0.128		0		1		0.036	0.041	0.033
Cystine.....g	0.152		0		1		0.043	0.049	0.040
Phenylalanine.....g	0.361		0		1		0.102	0.116	0.094
Tyrosine.....g	0.204		0		1		0.058	0.065	0.053
Valine.....g	0.329		0		1		0.093	0.105	0.086
Arginine.....g	0.362		0		1		0.103	0.116	0.094
Histidine.....g	0.167		0		1		0.047	0.053	0.043
Alanine.....g	0.267		0		1		0.076	0.085	0.069
Aspartic acid.....g	0.351		0		1		0.100	0.112	0.091
Glutamic acid.....g	2.355		0		1		0.668	0.754	0.612
Glycine.....g	0.269		0		1		0.076	0.086	0.070
Proline.....g	0.828		0		1		0.235	0.265	0.215
Serine.....g	0.357		0		1		0.101	0.114	0.093
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18047
Bread, raisin, enriched

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number			Source Code	measures of food		
			of Data Points	Deriv Code	Confidence Code		Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 28.35g: 1 oz
- Measure 2 = 32g: 1 slice, large
- Measure 3 = 26g: 1 slice

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18048
Bread, raisin, toasted, enriched

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	27.80		0		1		7.88	8.06	6.67
Energy.....kcal	297		0	NC	4		84	86	71
Energy.....kJ	1243		0		4		352	360	298
Protein (N x 0).....g	8.60		0		1		2.44	2.49	2.06
Total lipid (fat).....g	4.80		0		1		1.36	1.39	1.15
Ash.....g	1.90		0		1		0.54	0.55	0.46
Carbohydrate, by difference.....g	56.90		0	NC	4		16.13	16.50	13.66
Fiber, total dietary.....g	4.7		0		4		1.3	1.4	1.1
Sugars, total.....g	6.18		0	RK	4		1.75	1.79	1.48
Starch.....g									
Minerals:									
Calcium, Ca.....mg	72		0		1		20	21	17
Iron, Fe.....mg	3.15		0		1		0.89	0.91	0.76
Magnesium, Mg.....mg	28		0		1		8	8	7
Phosphorus, P.....mg	118		0		1		33	34	28
Potassium, K.....mg	246		0		1		70	71	59
Sodium, Na.....mg	424		0		1		120	123	102
Zinc, Zn.....mg	0.78		0		1		0.22	0.23	0.19
Copper, Cu.....mg	0.215		0		1		0.061	0.062	0.052
Manganese, Mn.....mg	0.545		0		1		0.155	0.158	0.131
Selenium, Se.....µg	21.7		0	RK	4		6.2	6.3	5.2
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.4		0		4		0.1	0.1	0.1
Thiamin.....mg	0.294		0		1		0.083	0.085	0.071
Riboflavin.....mg	0.390		0		1		0.111	0.113	0.094
Niacin.....mg	3.391		0		1		0.961	0.983	0.814
Pantothenic acid.....mg	0.274		0		1		0.078	0.079	0.066
Vitamin B-6.....mg	0.068		0		1		0.019	0.020	0.016
Folate, total.....µg	98		0	RK	4		28	28	24
Folic acid.....µg	72		0		4		20	21	17
Folate, food.....µg	26		0		1		7	8	6
Folate, DFE.....mcg_DFE	148		0	NC	4		42	43	36
Choline, total.....mg	15.9		0	RK	4		4.5	4.6	3.8
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....µg	0		0	RK	4		0	0	0
Carotene, beta.....µg	0		0	RK	4		0	0	0
Carotene, alpha.....µg	0		0	RK	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	RK	4		0	0	0
Vitamin A, IU.....IU	0		0	RK	4		0	0	0
Lycopene.....µg	0		0	RK	4		0	0	0
Lutein + zeaxanthin.....µg	46		0	RK	4		13	13	11
Vitamin E (alpha-tocopherol).....mg	0.31		0	RK	4		0.09	0.09	0.07
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	1.9		0	RK	4		0.5	0.5	0.5
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									
Lipids:									

NDB No. 18048
Bread, raisin, toasted, enriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points					
Fatty acids, total saturated.....g	1.175		0		1	0.333	0.341	0.282
4:0.....g	0.000		0		1	0.000	0.000	0.000
6:0.....g	0.000		0		1	0.000	0.000	0.000
8:0.....g	0.000		0		1	0.000	0.000	0.000
10:0.....g	0.000		0		1	0.000	0.000	0.000
12:0.....g	0.000		0		1	0.000	0.000	0.000
13:0.....g								
14:0.....g	0.022		0		1	0.006	0.006	0.005
15:0.....g								
16:0.....g	0.635		0		1	0.180	0.184	0.152
17:0.....g								
18:0.....g	0.518		0		1	0.147	0.150	0.124
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	2.494		0		1	0.707	0.723	0.599
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.007		0		1	0.002	0.002	0.002
17:1.....g								
18:1 undifferentiated.....g	2.487		0		1	0.705	0.721	0.597
20:1.....g	0.000		0		1	0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1	0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.738		0		1	0.209	0.214	0.177
18:2 undifferentiated.....g	0.697		0		1	0.198	0.202	0.167
18:3 undifferentiated.....g	0.041		0		1	0.012	0.012	0.010
18:4.....g	0.000		0		1	0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0		1	0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1	0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0		1	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1	0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0		1	0	0	0
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.090		0		1	0.026	0.026	0.022
Threonine.....g	0.241		0		1	0.068	0.070	0.058
Isoleucine.....g	0.312		0		1	0.088	0.090	0.075
Leucine.....g	0.561		0		1	0.159	0.163	0.135
Lysine.....g	0.217		0		1	0.062	0.063	0.052
Methionine.....g	0.139		0		1	0.039	0.040	0.033
Cystine.....g	0.166		0		1	0.047	0.048	0.040
Phenylalanine.....g	0.392		0		1	0.111	0.114	0.094
Tyrosine.....g	0.222		0		1	0.063	0.064	0.053
Valine.....g	0.358		0		1	0.101	0.104	0.086
Arginine.....g	0.394		0		1	0.112	0.114	0.095
Histidine.....g	0.182		0		1	0.052	0.053	0.044
Alanine.....g	0.290		0		1	0.082	0.084	0.070
Aspartic acid.....g	0.382		0		1	0.108	0.111	0.092
Glutamic acid.....g	2.559		0		1	0.725	0.742	0.614
Glycine.....g	0.293		0		1	0.083	0.085	0.070
Proline.....g	0.899		0		1	0.255	0.261	0.216
Serine.....g	0.388		0		1	0.110	0.113	0.093
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	RK	4	0	0	0
Theobromine.....mg	0		0	RK	4	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18048
Bread, raisin, toasted, enriched

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 28.35g: 1 oz
Measure 2 = 29g: 1 slice, large
Measure 3 = 24g: 1 slice

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18414
Bread, raisin, unenriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
6:0.....g							
8:0.....g							
10:0.....g							
12:0.....g	0.000		0	4	0.000	0.000	0.000
13:0.....g							
14:0.....g	0.020		0	4	0.006	0.006	0.005
15:0.....g							
16:0.....g	0.584		0	4	0.166	0.187	0.152
17:0.....g							
18:0.....g	0.476		0	4	0.135	0.152	0.124
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	2.294		0	4	0.650	0.734	0.596
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.006		0	4	0.002	0.002	0.002
17:1.....g							
18:1 undifferentiated.....g	2.288		0	4	0.649	0.732	0.595
20:1.....g							
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.679		0	4	0.192	0.217	0.177
18:2 undifferentiated.....g	0.641		0	4	0.182	0.205	0.167
18:3 undifferentiated.....g	0.038		0	4	0.011	0.012	0.010
18:4.....g							
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g							
20:5 n-3 (EPA).....g							
22:5 n-3 (DPA).....g							
22:6 n-3 (DHA).....g							
Fatty acids, total trans.....g							
Cholesterol.....mg	0		2	1	0	0	0
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.083		0	4	0.024	0.027	0.022
Threonine.....g	0.222		0	4	0.063	0.071	0.058
Isoleucine.....g	0.287		0	4	0.081	0.092	0.075
Leucine.....g	0.516		0	4	0.146	0.165	0.134
Lysine.....g	0.200		0	4	0.057	0.064	0.052
Methionine.....g	0.128		0	4	0.036	0.041	0.033
Cystine.....g	0.152		0	4	0.043	0.049	0.040
Phenylalanine.....g	0.361		0	4	0.102	0.116	0.094
Tyrosine.....g	0.204		0	4	0.058	0.065	0.053
Valine.....g	0.329		0	4	0.093	0.105	0.086
Arginine.....g	0.362		0	4	0.103	0.116	0.094
Histidine.....g	0.167		0	4	0.047	0.053	0.043
Alanine.....g	0.267		0	4	0.076	0.085	0.069
Aspartic acid.....g	0.351		0	4	0.100	0.112	0.091
Glutamic acid.....g	2.355		0	4	0.668	0.754	0.612
Glycine.....g	0.269		0	4	0.076	0.086	0.070
Proline.....g	0.828		0	4	0.235	0.265	0.215
Serine.....g	0.357		0	4	0.101	0.114	0.093
Hydroxyproline.....g							

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18414

Bread, raisin, unenriched

Measure 2 = 32g: 1 slice, large

Measure 3 = 26g: 1 slice

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18049

Bread, reduced-calorie, oat bran

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	46.00		2		1		13.04	10.58	
Energy.....kcal	201		0	NC	4		57	46	
Energy.....kJ	841		0		4		238	193	
Protein (N x 5.8).....g	8.00		2		1		2.27	1.84	
Total lipid (fat).....g	3.20		2		1		0.91	0.74	
Ash.....g	1.50		2		1		0.43	0.35	
Carbohydrate, by difference.....g	41.30		0		4		11.71	9.50	
Fiber, total dietary.....g	12.0		0		4		3.4	2.8	
Sugars, total.....g	3.52		0	FLA	4		1.00	0.81	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	57		2		1		16	13	
Iron, Fe.....mg	3.15		2		1		0.89	0.72	
Magnesium, Mg.....mg	55		0	FLA	4		16	13	
Phosphorus, P.....mg	139		0	FLA	4		39	32	
Potassium, K.....mg	102		1		1		29	23	
Sodium, Na.....mg	573		0	LC	8		162	132	
Zinc, Zn.....mg	1.05		0	FLA	4		0.30	0.24	
Copper, Cu.....mg	0.291		0	FLA	4		0.082	0.067	
Manganese, Mn.....mg	1.101		0	FLA	4		0.312	0.253	
Selenium, Se.....µg	20.6		0	FLA	4		5.8	4.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.354		2		1		0.100	0.081	
Riboflavin.....mg	0.203		2		1		0.058	0.047	
Niacin.....mg	3.763		2		1		1.067	0.865	
Pantothenic acid.....mg	0.492		0	FLA	4		0.139	0.113	
Vitamin B-6.....mg	0.103		0	FLA	4		0.029	0.024	
Folate, total.....µg	81		0	FLA	4		23	19	
Folic acid.....µg	47		0		4		13	11	
Folate, food.....µg	34		0		4		10	8	
Folate, DFE.....mcg_DFE	114		0	NC	4		32	26	
Choline, total.....mg	14.6		0	BFZN	4		4.1	3.4	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	FLA	4		0	0	
Carotene, beta.....µg	1		0	FLA	4		0	0	
Carotene, alpha.....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	2		0	NC	4		1	1	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	42		0	FLA	4		12	10	
Vitamin E (alpha-tocopherol).....mg	0.28		0	FLA	4		0.08	0.06	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	1.7		0	FLA	4		0.5	0.4	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 18049
Bread, reduced-calorie, oat bran

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.445		0		4		0.126	0.102	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.002		0		4		0.001	0.000	
13:0.....g									
14:0.....g	0.002		0		4		0.001	0.000	
15:0.....g									
16:0.....g	0.369		0		4		0.105	0.085	
17:0.....g									
18:0.....g	0.068		0		4		0.019	0.016	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.684		0		4		0.194	0.157	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.019		0		4		0.005	0.004	
17:1.....g									
18:1 undifferentiated.....g	0.663		0		4		0.188	0.152	
20:1.....g	0.002		0		4		0.001	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.670		0		4		0.473	0.384	
18:2 undifferentiated.....g	1.567		0		4		0.444	0.360	
18:3 undifferentiated.....g	0.102		0		4		0.029	0.023	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.103		0		4		0.029	0.024	
Threonine.....g	0.257		0		4		0.073	0.059	
Isoleucine.....g	0.321		0		4		0.091	0.074	
Leucine.....g	0.565		0		4		0.160	0.130	
Lysine.....g	0.291		0		4		0.082	0.067	
Methionine.....g	0.140		0		4		0.040	0.032	
Cystine.....g	0.135		0		4		0.038	0.031	
Phenylalanine.....g	0.165		0		4		0.047	0.038	
Tyrosine.....g	0.386		0		4		0.109	0.089	
Valine.....g	0.364		0		4		0.103	0.084	
Arginine.....g	0.384		0		4		0.109	0.088	
Histidine.....g	0.183		0		4		0.052	0.042	
Alanine.....g	0.312		0		4		0.088	0.072	
Aspartic acid.....g	0.527		0		4		0.149	0.121	
Glutamic acid.....g	2.197		0		4		0.623	0.505	
Glycine.....g	0.318		0		4		0.090	0.073	
Proline.....g	0.712		0		4		0.202	0.164	
Serine.....g	0.391		0		4		0.111	0.090	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18049

Bread, reduced-calorie, oat bran

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 23g: 1 slice

Calories Factors: Protein 3.6

Fat 8.6

Carbohydrate 3.5

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18050

Bread, reduced-calorie, oat bran, toasted

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	35.70		0		4		10.12	6.78	
Energy.....kcal	239		0		4		68	45	
Energy.....kJ	1000		0		4		283	190	
Protein (N x 0).....g	9.50		0		4		2.69	1.81	
Total lipid (fat).....g	3.80		0		4		1.08	0.72	
Ash.....g	1.80		0		4		0.51	0.34	
Carbohydrate, by difference.....g	49.20		0		4		13.95	9.35	
Fiber, total dietary.....g	14.3		0		4		4.1	2.7	
Sugars, total.....g	4.20		0	RK	4		1.19	0.80	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	68		0		4		19	13	
Iron, Fe.....mg	3.75		0		4		1.06	0.71	
Magnesium, Mg.....mg	55		0		4		16	10	
Phosphorus, P.....mg	144		0		4		41	27	
Potassium, K.....mg	122		0		4		35	23	
Sodium, Na.....mg	418		0		4		119	79	
Zinc, Zn.....mg	1.19		0		4		0.34	0.23	
Copper, Cu.....mg	0.147		0		4		0.042	0.028	
Manganese, Mn.....mg	1.006		0		4		0.285	0.191	
Selenium, Se.....µg	24.5		0	RK	4		6.9	4.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.338		0		4		0.096	0.064	
Riboflavin.....mg	0.217		0		4		0.062	0.041	
Niacin.....mg	4.032		0		4		1.143	0.766	
Pantothenic acid.....mg	0.166		0		4		0.047	0.032	
Vitamin B-6.....mg	0.087		0		4		0.025	0.017	
Folate, total.....µg	82		0	RK	4		23	16	
Folic acid.....µg	48		0	RK	4		13	9	
Folate, food.....µg	34		0	RK	4		10	7	
Folate, DFE.....mcg_DFE	115		0	NC	4		33	22	
Choline, total.....mg	16.1		0	BFZN	4		4.6	3.1	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	RK	4		0	0	
Carotene, beta.....µg	2		0	RK	4		0	0	
Carotene, alpha.....µg	0		0	RK	4		0	0	
Cryptoxanthin, beta.....µg	0		0	RK	4		0	0	
Vitamin A, IU.....IU	3		0	NC	4		1	1	
Lycopene.....µg	0		0	RK	4		0	0	
Lutein + zeaxanthin.....µg	48		0	RK	4		14	9	
Vitamin E (alpha-tocopherol).....mg	0.33		0	RK	4		0.09	0.06	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	2.0		0	RK	4		0.6	0.4	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 18050

Bread, reduced-calorie, oat bran, toasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Fatty acids, total saturated.....g	0.530		0		4		0.150	0.101	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.002		0		4		0.001	0.000	
13:0.....g									
14:0.....g	0.003		0		4		0.001	0.001	
15:0.....g									
16:0.....g	0.439		0		4		0.124	0.083	
17:0.....g									
18:0.....g	0.081		0		4		0.023	0.015	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.814		0		4		0.231	0.155	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.023		0		4		0.007	0.004	
17:1.....g									
18:1 undifferentiated.....g	0.789		0		4		0.224	0.150	
20:1.....g	0.002		0		4		0.001	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.988		0		4		0.564	0.378	
18:2 undifferentiated.....g	1.865		0		4		0.529	0.354	
18:3 undifferentiated.....g	0.122		0		4		0.035	0.023	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.123		0		4		0.035	0.023	
Threonine.....g	0.306		0		4		0.087	0.058	
Isoleucine.....g	0.382		0		4		0.108	0.073	
Leucine.....g	0.673		0		4		0.191	0.128	
Lysine.....g	0.346		0		4		0.098	0.066	
Methionine.....g	0.167		0		4		0.047	0.032	
Cystine.....g	0.160		0		4		0.045	0.030	
Phenylalanine.....g	0.196		0		4		0.056	0.037	
Tyrosine.....g	0.459		0		4		0.130	0.087	
Valine.....g	0.433		0		4		0.123	0.082	
Arginine.....g	0.458		0		4		0.130	0.087	
Histidine.....g	0.217		0		4		0.062	0.041	
Alanine.....g	0.371		0		4		0.105	0.070	
Aspartic acid.....g	0.627		0		4		0.178	0.119	
Glutamic acid.....g	2.616		0		4		0.742	0.497	
Glycine.....g	0.379		0		4		0.107	0.072	
Proline.....g	0.848		0		4		0.240	0.161	
Serine.....g	0.466		0		4		0.132	0.089	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	RK	4		0	0	
Theobromine.....mg	0		0	RK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18050

Bread, reduced-calorie, oat bran, toasted

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 19g: 1 slice

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18051
Bread, reduced-calorie, oatmeal

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	44.00		2		1		12.47	10.12	
Energy.....kcal	210		0	NC	4		60	48	
Energy.....kJ	879				4		249	202	
Protein (N x 5.8).....g	7.60		2		1		2.15	1.75	
Total lipid (fat).....g	3.50		2		1		0.99	0.81	
Ash.....g	1.60		2		1		0.45	0.37	
Carbohydrate, by difference.....g	43.30		0		4		12.28	9.96	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	115		2		1		33	26	
Iron, Fe.....mg	2.30		2		1		0.65	0.53	
Magnesium, Mg.....mg	24		0	FLA	4		7	6	
Phosphorus, P.....mg	100		0	FLA	4		28	23	
Potassium, K.....mg	124		0	FLA	4		35	29	
Sodium, Na.....mg	388		2		1		110	89	
Zinc, Zn.....mg	0.83		0	FLA	4		0.24	0.19	
Copper, Cu.....mg	0.099		0	FLA	4		0.028	0.023	
Manganese, Mn.....mg	0.539		0	FLA	4		0.153	0.124	
Selenium, Se.....µg	23.0		0	FLA	4		6.5	5.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		0	FLA	4		0.1	0.0	
Thiamin.....mg	0.348		2		1		0.099	0.080	
Riboflavin.....mg	0.280		2		1		0.079	0.064	
Niacin.....mg	3.030		2		1		0.859	0.697	
Pantothenic acid.....mg	0.431		0	FLA	4		0.122	0.099	
Vitamin B-6.....mg	0.045		0	FLA	4		0.013	0.010	
Folate, total.....µg	55		0	FLA	4		16	13	
Folic acid.....µg	21		0	NC	4		6	5	
Folate, food.....µg	34		0		4		10	8	
Folate, DFE.....mcg_DFE	70		0	NC	4		20	16	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.10		0	FLA	4		0.03	0.02	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	6		0	FLA	4		2	1	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.599		0		4		0.170	0.138	
4:0.....g	0.002		0		4		0.001	0.000	

NDB No. 18051
Bread, reduced-calorie, oatmeal

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.001		0		4		0.000	0.000	
8:0.....g	0.001		0		4		0.000	0.000	
10:0.....g	0.002		0		4		0.001	0.000	
12:0.....g	0.010		0		4		0.003	0.002	
13:0.....g									
14:0.....g	0.011		0		4		0.003	0.003	
15:0.....g									
16:0.....g	0.504		0		4		0.143	0.116	
17:0.....g									
18:0.....g	0.041		0		4		0.012	0.009	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.822		0		4		0.233	0.189	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.039		0		4		0.011	0.009	
17:1.....g									
18:1 undifferentiated.....g	0.783		0		4		0.222	0.180	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.351		0		4		0.383	0.311	
18:2 undifferentiated.....g	1.289		0		4		0.365	0.296	
18:3 undifferentiated.....g	0.063		0		4		0.018	0.014	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.096		0		4		0.027	0.022	
Threonine.....g	0.234		0		4		0.066	0.054	
Isoleucine.....g	0.312		0		4		0.088	0.072	
Leucine.....g	0.562		0		4		0.159	0.129	
Lysine.....g	0.259		0		4		0.073	0.060	
Methionine.....g	0.138		0		4		0.039	0.032	
Cystine.....g	0.161		0		4		0.046	0.037	
Phenylalanine.....g	0.381		0		4		0.108	0.088	
Tyrosine.....g	0.251		0		4		0.071	0.058	
Valine.....g	0.359		0		4		0.102	0.083	
Arginine.....g	0.327		0		4		0.093	0.075	
Histidine.....g	0.170		0		4		0.048	0.039	
Alanine.....g	0.274		0		4		0.078	0.063	
Aspartic acid.....g	0.431		0		4		0.122	0.099	
Glutamic acid.....g	2.235		0		4		0.634	0.514	
Glycine.....g	0.282		0		4		0.080	0.065	
Proline.....g	0.764		0		4		0.217	0.176	
Serine.....g	0.376		0		4		0.107	0.086	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18051

Bread, reduced-calorie, oatmeal

Measure 2 = 23g: 1 slice

Calories Factors: Protein 3.9

Fat 8.4

Carbohydrate 3.5

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18053
Bread, reduced-calorie, rye

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	46.00		1		1		13.04	10.58	14.72
Energy.....kcal	203		0	NC	4		58	47	65
Energy.....kJ	849		0		4		241	195	272
Protein (N x 5.8).....g	9.10		1		1		2.58	2.09	2.91
Total lipid (fat).....g	2.90		1		1		0.82	0.67	0.93
Ash.....g	1.60		1		1		0.45	0.37	0.51
Carbohydrate, by difference.....g	40.50		0		4		11.48	9.32	12.96
Fiber, total dietary.....g	12.0		0		4		3.4	2.8	3.8
Sugars, total.....g	2.29		0	FLA	4		0.65	0.53	0.73
Starch.....g									
Minerals:									
Calcium, Ca.....mg	76		1		1		22	17	24
Iron, Fe.....mg	3.10		1		1		0.88	0.71	0.99
Magnesium, Mg.....mg	22		0	FLA	4		6	5	7
Phosphorus, P.....mg	78		0	FLA	4		22	18	25
Potassium, K.....mg	98		1		1		28	23	31
Sodium, Na.....mg	513		0	LC	8		145	118	164
Zinc, Zn.....mg	0.66		0	FLA	4		0.19	0.15	0.21
Copper, Cu.....mg	0.133		0	FLA	4		0.038	0.031	0.043
Manganese, Mn.....mg	0.453		0	FLA	4		0.128	0.104	0.145
Selenium, Se.....µg	27.9		0	FLA	4		7.9	6.4	8.9
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.4		0	FLA	4		0.1	0.1	0.1
Thiamin.....mg	0.367		1		1		0.104	0.084	0.117
Riboflavin.....mg	0.240		1		1		0.068	0.055	0.077
Niacin.....mg	2.527		1		1		0.716	0.581	0.809
Pantothenic acid.....mg	0.297		0	FLA	4		0.084	0.068	0.095
Vitamin B-6.....mg	0.077		0	FLA	4		0.022	0.018	0.025
Folate, total.....µg	58		0	FLA	4		17	13	19
Folic acid.....µg	35		0		4		10	8	11
Folate, food.....µg	23		0		4		7	5	7
Folate, DFE.....mcg_DFE	83		0	NC	4		23	19	26
Choline, total.....mg	14.6		0	BFZN	4		4.1	3.4	4.7
Betaine.....mg									
Vitamin B-12.....µg	0.04		0	FLA	4		0.01	0.01	0.01
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....µg	0		0	FLA	4		0	0	0
Carotene, beta.....µg	2		0	FLA	4		1	0	1
Carotene, alpha.....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....µg	1		0	FLA	4		0	0	0
Vitamin A, IU.....IU	4		0	NC	4		1	1	1
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	37		0	FLA	4		11	9	12
Vitamin E (alpha-tocopherol).....mg	0.28		0	FLA	4		0.08	0.06	0.09
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	0.6		0	FLA	4		0.2	0.1	0.2
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 18053
Bread, reduced-calorie, rye

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number	Source	measures of food				
			of Data Points		Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total saturated.....g	0.368		0	4		0.104	0.085	0.118	
4:0.....g	0.001		0	4		0.000	0.000	0.000	
6:0.....g	0.001		0	4		0.000	0.000	0.000	
8:0.....g	0.001		0	4		0.000	0.000	0.000	
10:0.....g	0.002		0	4		0.001	0.000	0.001	
12:0.....g	0.004		0	4		0.001	0.001	0.001	
13:0.....g									
14:0.....g	0.012		0	4		0.003	0.003	0.004	
15:0.....g									
16:0.....g	0.270		0	4		0.077	0.062	0.086	
17:0.....g									
18:0.....g	0.075		0	4		0.021	0.017	0.024	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.672		0	4		0.191	0.155	0.215	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.034		0	4		0.010	0.008	0.011	
17:1.....g									
18:1 undifferentiated.....g	0.638		0	4		0.181	0.147	0.204	
20:1.....g	0.000		0	4		0.000	0.000	0.000	
22:1 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.752		0	4		0.213	0.173	0.241	
18:2 undifferentiated.....g	0.710		0	4		0.201	0.163	0.227	
18:3 undifferentiated.....g	0.041		0	4		0.012	0.009	0.013	
18:4.....g	0.000		0	4		0.000	0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	4		0.000	0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	4		0.000	0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	4		0.000	0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	4		0.000	0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	1		0	0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.110		0	4		0.031	0.025	0.035	
Threonine.....g	0.284		0	4		0.081	0.065	0.091	
Isoleucine.....g	0.357		0	4		0.101	0.082	0.114	
Leucine.....g	0.638		0	4		0.181	0.147	0.204	
Lysine.....g	0.321		0	4		0.091	0.074	0.103	
Methionine.....g	0.155		0	4		0.044	0.036	0.050	
Cystine.....g	0.180		0	4		0.051	0.041	0.058	
Phenylalanine.....g	0.457		0	4		0.130	0.105	0.146	
Tyrosine.....g	0.288		0	4		0.082	0.066	0.092	
Valine.....g	0.415		0	4		0.118	0.095	0.133	
Arginine.....g	0.476		0	4		0.135	0.109	0.152	
Histidine.....g	0.208		0	4		0.059	0.048	0.067	
Alanine.....g	0.320		0	4		0.091	0.074	0.102	
Aspartic acid.....g	0.556		0	4		0.158	0.128	0.178	
Glutamic acid.....g	2.629		0	4		0.745	0.605	0.841	
Glycine.....g	0.321		0	4		0.091	0.074	0.103	
Proline.....g	0.860		0	4		0.244	0.198	0.275	
Serine.....g	0.432		0	4		0.122	0.099	0.138	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0	
Caffeine.....mg	0		0	FLA 4		0	0	0	
Theobromine.....mg	0		0	FLA 4		0	0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18053
Bread, reduced-calorie, rye

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 23g: 1 slice

Measure 3 = 32g: 1 slice, thick

Calories Factors: Protein 4

Fat 8.6

Carbohydrate 3.5

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18055
Bread, reduced-calorie, wheat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.2		0	FLA	4		0.1	0.0	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g	0.840		0	NC	4		0.238	0.176	
4:0.....g	0.007		1	A	1		0.002	0.001	
6:0.....g	0.000		1	A	1		0.000	0.000	
8:0.....g	0.003		1	A	1		0.001	0.001	
10:0.....g	0.025		1	A	1		0.007	0.005	
12:0.....g	0.000		1	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.004		1	A	1		0.001	0.001	
15:0.....g	0.002		1	A	1		0.001	0.000	
16:0.....g	0.410		1	A	1		0.116	0.086	
17:0.....g	0.005		1	A	1		0.001	0.001	
18:0.....g	0.366		1	A	1		0.104	0.077	
20:0.....g	0.008		1	A	1		0.002	0.002	
22:0.....g	0.007		1	A	1		0.002	0.001	
24:0.....g	0.003		1	A	1		0.001	0.001	
Fatty acids, total monounsaturated.....g	0.523		0	NC	4		0.148	0.110	
14:1.....g	0.000		1	A	1		0.000	0.000	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.017		0	AS	1		0.005	0.004	
16:1 c.....g	0.017		1	A	1		0.005	0.004	
16:1 t.....g	0.000		1	A	1		0.000	0.000	
17:1.....g	0.001		1	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.492		0	AS	1		0.139	0.103	
18:1 c.....g	0.452		1	A	1		0.128	0.095	
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.040		1	A	1		0.011	0.008	
18:1-11t (18:1t n-7).....g									
20:1.....g	0.013		1	A	1		0.004	0.003	
22:1 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
22:1 c.....g	0.000		1	A	1		0.000	0.000	
22:1 t.....g	0.000		1	A	1		0.000	0.000	
24:1 c.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	1.196		0	NC	4		0.339	0.251	
18:2 undifferentiated.....g	1.100		0	AS	1		0.312	0.231	
18:2 n-6 c,c.....g	1.094		1	A	1		0.310	0.230	
18:2 CLAs.....g	0.000		1	A	1		0.000	0.000	
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.006		1	A	1		0.002	0.001	
18:3 undifferentiated.....g	0.088		0	AS	1		0.025	0.018	
18:3 n-3 c,c,c (ALA).....g	0.088		1	A	1		0.025	0.018	
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.002		1	A	1		0.001	0.000	
20:3 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
20:3 n-3.....g	0.000		1	A	1		0.000	0.000	
20:3 n-6.....g	0.000		1	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.003		1	A	1		0.001	0.001	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.003		1	A	1		0.001	0.001	
21:5.....g									
22:4.....g	0.000		1	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000	0.000	

NDB No. 18055
Bread, reduced-calorie, wheat

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
22:6 n-3 (DHA).....g	0.000		1	A	1	0.000	0.000	
Fatty acids, total trans.....g	0.046		0	NC	4	0.013	0.010	
Fatty acids, total trans-monoenoic.....g	0.040		0	NC	4	0.011	0.008	
Fatty acids, total trans-polyenoic.....g	0.006		0	NC	4	0.002	0.001	
Cholesterol.....mg	0		0		4	0	0	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	
Caffeine.....mg	0		0	FLA	4	0	0	
Theobromine.....mg	0		0	FLA	4	0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 21g: 1 slice

Calories Factors: Protein 3.9

Fat 8.4

Carbohydrate 3.3

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18057

Bread, reduced-calorie, white

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	42.90	0.458	31		1		12.16	9.87	
Energy.....kcal	207		0	NC	4		59	48	
Energy.....kJ	866		0		4		246	199	
Protein (N x 5.9).....g	8.70	0.162	27		1		2.47	2.00	
Total lipid (fat).....g	2.50	0.157	23		1		0.71	0.58	
Ash.....g	1.70	0.038	25		1		0.48	0.39	
Carbohydrate, by difference.....g	44.30		0		4		12.56	10.19	
Fiber, total dietary.....g	9.7		0		1		2.7	2.2	
Sugars, total.....g	4.76		0	FLA	4		1.35	1.10	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	94	9.146	14		1		27	22	
Iron, Fe.....mg	3.19	0.125	15		1		0.90	0.73	
Magnesium, Mg.....mg	23		0	FLA	4		7	5	
Phosphorus, P.....mg	121		0	FLA	4		34	28	
Potassium, K.....mg	76		1		1		22	17	
Sodium, Na.....mg	453	52.276	4		1		128	104	
Zinc, Zn.....mg	1.34		1		1		0.38	0.31	
Copper, Cu.....mg	0.330		1		1		0.094	0.076	
Manganese, Mn.....mg	0.391		0	FLA	4		0.111	0.090	
Selenium, Se.....µg	21.7		0	FLA	4		6.2	5.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.5		0	FLA	4		0.1	0.1	
Thiamin.....mg	0.410	0.032	14		1		0.116	0.094	
Riboflavin.....mg	0.289	0.017	13		1		0.082	0.066	
Niacin.....mg	3.641	0.207	14		1		1.032	0.837	
Pantothenic acid.....mg	0.462		1		1		0.131	0.106	
Vitamin B-6.....mg	0.042		1		1		0.012	0.010	
Folate, total.....µg	95		0	CAZN	4		27	22	
Folic acid.....µg	61		0	NC	4		17	14	
Folate, food.....µg	34		0		4		10	8	
Folate, DFE.....mcg_DFE	138		0	NC	4		39	32	
Choline, total.....mg	14.6		0	BFZN	4		4.1	3.4	
Betaine.....mg									
Vitamin B-12.....µg	0.28		0	FLA	4		0.08	0.06	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	FLA	4		0	0	
Carotene, beta.....µg	1		0	FLA	4		0	0	
Carotene, alpha.....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	3		0	FLA	4		1	1	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	32		0	FLA	4		9	7	
Vitamin E (alpha-tocopherol).....mg	0.19		0	FLA	4		0.05	0.04	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.6		0	FLA	4		0.2	0.1	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 18057
Bread, reduced-calorie, white

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number		measures of food				
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.549		0		4		0.156	0.126	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.009		0		4		0.003	0.002	
15:0.....g									
16:0.....g	0.325		0		4		0.092	0.075	
17:0.....g									
18:0.....g	0.214		0		4		0.061	0.049	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.077		0		4		0.305	0.248	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.016		0		4		0.005	0.004	
17:1.....g									
18:1 undifferentiated.....g	1.061		0		4		0.301	0.244	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.559		0		4		0.158	0.129	
18:2 undifferentiated.....g	0.531		0		4		0.151	0.122	
18:3 undifferentiated.....g	0.028		0		4		0.008	0.006	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.104		0		4		0.029	0.024	
Threonine.....g	0.289		0		4		0.082	0.066	
Isoleucine.....g	0.381		0		4		0.108	0.088	
Leucine.....g	0.657		0		4		0.186	0.151	
Lysine.....g	0.358		0		4		0.101	0.082	
Methionine.....g	0.160		0		4		0.045	0.037	
Cystine.....g	0.151		0		4		0.043	0.035	
Phenylalanine.....g	0.419		0		4		0.119	0.096	
Tyrosine.....g	0.296		0		4		0.084	0.068	
Valine.....g	0.418		0		4		0.119	0.096	
Arginine.....g	0.339		0		4		0.096	0.078	
Histidine.....g	0.198		0		4		0.056	0.046	
Alanine.....g	0.293		0		4		0.083	0.067	
Aspartic acid.....g	0.504		0		4		0.143	0.116	
Glutamic acid.....g	2.440		0		4		0.692	0.561	
Glycine.....g	0.276		0		4		0.078	0.063	
Proline.....g	0.881		0		4		0.250	0.203	
Serine.....g	0.430		0		4		0.122	0.099	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18057

Bread, reduced-calorie, white

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Deriv	Source	Measure 1	Measure 2	Measure 3
			of Data	Code	Confidence			
			Points	Code	Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 23g: 1 slice

Calories Factors: Protein 4

Fat 8.7

Carbohydrate 3.4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18059
Bread, rice bran

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	41.00		2		1		11.62	11.07	
Energy.....kcal	243		0	NC	4		69	66	
Energy.....kJ	1015		0	NC	4		288	274	
Protein (N x 5.8).....g	8.90	0.468	4		1		2.52	2.40	
Total lipid (fat).....g	4.60	0.508	4		1		1.30	1.24	
Ash.....g	2.00		2		1		0.57	0.54	
Carbohydrate, by difference.....g	43.50		0		4		12.33	11.75	
Fiber, total dietary.....g	4.9		0		1		1.4	1.3	
Sugars, total.....g	4.67		0	FLC	4		1.33	1.26	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	69	30.109	4		1		20	19	
Iron, Fe.....mg	3.61	0.368	4		1		1.02	0.97	
Magnesium, Mg.....mg	80		0	FLA	4		23	22	
Phosphorus, P.....mg	178		0	FLA	4		50	48	
Potassium, K.....mg	215		0	FLA	4		61	58	
Sodium, Na.....mg	303		0	LC	8		86	82	
Zinc, Zn.....mg	1.31		0	FLA	4		0.37	0.35	
Copper, Cu.....mg	0.184		0	FLA	4		0.052	0.050	
Manganese, Mn.....mg	1.585		0	FLA	4		0.449	0.428	
Selenium, Se.....µg	28.7		0	FLA	4		8.1	7.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.653	0.058	4		1		0.185	0.176	
Riboflavin.....mg	0.300	0.010	4		1		0.085	0.081	
Niacin.....mg	6.810	0.811	4		1		1.931	1.839	
Pantothenic acid.....mg	0.776		0	FLA	4		0.220	0.210	
Vitamin B-6.....mg	0.268		0	FLA	4		0.076	0.072	
Folate, total.....µg	86		0	FLC	4		24	23	
Folic acid.....µg	56		0		4		16	15	
Folate, food.....µg	30		0		4		9	8	
Folate, DFE.....mcg_DFE	125		0	NC	4		35	34	
Choline, total.....mg	14.6		0	BFZN	4		4.1	3.9	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	0		0	FLC	4		0	0	
Carotene, alpha.....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLC	4		0	0	
Vitamin A, IU.....IU	1		0	NC	4		0	0	
Lycopene.....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....µg	49		0	FLC	4		14	13	
Vitamin E (alpha-tocopherol).....mg	0.65		0	FLC	4		0.19	0.18	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	1.0		0	FLC	4		0.3	0.3	
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total saturated.....g	0.709		0		4		0.201	0.191	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.001		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.006		0		4		0.002	0.002	
15:0.....g									
16:0.....g	0.530		0		4		0.150	0.143	
17:0.....g									
18:0.....g	0.165		0		4		0.047	0.045	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.654		0		4		0.469	0.447	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.033		0		4		0.009	0.009	
17:1.....g									
18:1 undifferentiated.....g	1.621		0		4		0.460	0.438	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.760		0		4		0.499	0.475	
18:2 undifferentiated.....g	1.654		0		4		0.469	0.447	
18:3 undifferentiated.....g	0.106		0		4		0.030	0.029	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		2		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.106		0		4		0.030	0.029	
Threonine.....g	0.268		0		4		0.076	0.072	
Isoleucine.....g	0.347		0		4		0.098	0.094	
Leucine.....g	0.624		0		4		0.177	0.168	
Lysine.....g	0.259		0		4		0.073	0.070	
Methionine.....g	0.156		0		4		0.044	0.042	
Cystine.....g	0.190		0		4		0.054	0.051	
Phenylalanine.....g	0.439		0		4		0.124	0.119	
Tyrosine.....g	0.271		0		4		0.077	0.073	
Valine.....g	0.402		0		4		0.114	0.109	
Arginine.....g	0.379		0		4		0.107	0.102	
Histidine.....g	0.197		0		4		0.056	0.053	
Alanine.....g	0.328		0		4		0.093	0.089	
Aspartic acid.....g	0.464		0		4		0.132	0.125	
Glutamic acid.....g	2.703		0		4		0.766	0.730	
Glycine.....g	0.344		0		4		0.098	0.093	
Proline.....g	0.910		0		4		0.258	0.246	
Serine.....g	0.433		0		4		0.123	0.117	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18059

Bread, rice bran

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Deriv	Source	Measure 1	Measure 2	Measure 3
			of Data	Code	Confidence			
			Points	Code	Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 27g: 1 slice

Calories Factors: Protein 3.7

Fat 8.7

Carbohydrate 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18384
Bread, rice bran, toasted

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	35.90		0		1		10.18	8.98	
Energy.....kcal	264		0	NC	4		75	66	
Energy.....kJ	1105		0		4		313	276	
Protein (N x 0).....g	9.70		0		1		2.75	2.43	
Total lipid (fat).....g	5.00		0		1		1.42	1.25	
Ash.....g	2.20		0		1		0.62	0.55	
Carbohydrate, by difference.....g	47.30		0	NC	4		13.41	11.83	
Fiber, total dietary.....g	5.3		0		4		1.5	1.3	
Sugars, total.....g	5.08		0	RA	4		1.44	1.27	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	75		0		1		21	19	
Iron, Fe.....mg	3.92		0		1		1.11	0.98	
Magnesium, Mg.....mg	76		0		4		22	19	
Phosphorus, P.....mg	174		0		4		49	44	
Potassium, K.....mg	212		0		4		60	53	
Sodium, Na.....mg	478		0		1		136	120	
Zinc, Zn.....mg	1.38		0		4		0.39	0.35	
Copper, Cu.....mg	0.182		0		4		0.052	0.046	
Manganese, Mn.....mg	1.521		0		4		0.431	0.380	
Selenium, Se.....µg	31.2		0	RK	4		8.8	7.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.568		0		1		0.161	0.142	
Riboflavin.....mg	0.293		0		1		0.083	0.073	
Niacin.....mg	6.662		0		1		1.889	1.666	
Pantothenic acid.....mg	0.260		0		4		0.074	0.065	
Vitamin B-6.....mg	0.208		0		4		0.059	0.052	
Folate, total.....µg	79		0	RA	4		22	20	
Folic acid.....µg	56		0		4		16	14	
Folate, food.....µg	23		0		4		7	6	
Folate, DFE.....mcg_DFE	118		0	NC	4		34	30	
Choline, total.....mg	15.9		0	RK	4		4.5	4.0	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	RA	4		0	0	
Carotene, beta.....µg	0		0	RA	4		0	0	
Carotene, alpha.....µg	0		0	RA	4		0	0	
Cryptoxanthin, beta.....µg	0		0	RA	4		0	0	
Vitamin A, IU.....IU	1		0	NC	4		0	0	
Lycopene.....µg	0		0	RA	4		0	0	
Lutein + zeaxanthin.....µg	51		0	RA	4		14	13	
Vitamin E (alpha-tocopherol).....mg	0.71		0	RA	4		0.20	0.18	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	1.1		0	RA	4		0.3	0.3	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 18384
Bread, rice bran, toasted

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number			measures of food			
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.771		0		1		0.219	0.193	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.001		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.006		0		1		0.002	0.002	
15:0.....g									
16:0.....g	0.576		0		1		0.163	0.144	
17:0.....g									
18:0.....g	0.179		0		1		0.051	0.045	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.798		0		1		0.510	0.450	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.036		0		1		0.010	0.009	
17:1.....g									
18:1 undifferentiated.....g	1.762		0		1		0.500	0.441	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.913		0		1		0.542	0.478	
18:2 undifferentiated.....g	1.797		0		1		0.509	0.449	
18:3 undifferentiated.....g	0.115		0		1		0.033	0.029	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.116		0		1		0.033	0.029	
Threonine.....g	0.292		0		1		0.083	0.073	
Isoleucine.....g	0.377		0		1		0.107	0.094	
Leucine.....g	0.679		0		1		0.192	0.170	
Lysine.....g	0.282		0		1		0.080	0.071	
Methionine.....g	0.169		0		1		0.048	0.042	
Cystine.....g	0.206		0		1		0.058	0.052	
Phenylalanine.....g	0.478		0		1		0.136	0.120	
Tyrosine.....g	0.295		0		1		0.084	0.074	
Valine.....g	0.437		0		1		0.124	0.109	
Arginine.....g	0.412		0		1		0.117	0.103	
Histidine.....g	0.215		0		1		0.061	0.054	
Alanine.....g	0.357		0		1		0.101	0.089	
Aspartic acid.....g	0.504		0		1		0.143	0.126	
Glutamic acid.....g	2.938		0		1		0.833	0.735	
Glycine.....g	0.374		0		1		0.106	0.094	
Proline.....g	0.989		0		1		0.280	0.247	
Serine.....g	0.471		0		1		0.134	0.118	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18384
Bread, rice bran, toasted

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 28.35g: 1 oz
Measure 2 = 25g: 1 slice

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18060

Bread, rye

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	37.30	0.212	54		1		10.57	11.94	2.61
Energy.....kcal	258		0	NC	4		73	83	18
Energy.....kJ	1079		0	NC	4		306	345	76
Protein (N x 5.8).....g	8.50	0.079	76		1		2.41	2.72	0.60
Total lipid (fat).....g	3.30	0.084	78		1		0.94	1.06	0.23
Ash.....g	2.50	0.064	41		1		0.71	0.80	0.18
Carbohydrate, by difference.....g	48.30		0		4		13.69	15.46	3.38
Fiber, total dietary.....g	5.8		0		1		1.6	1.9	0.4
Sugars, total.....g	3.85		0		4		1.09	1.23	0.27
Starch.....g									
Minerals:									
Calcium, Ca.....mg	73	2.255	103		1		21	23	5
Iron, Fe.....mg	2.83	0.047	101		1		0.80	0.91	0.20
Magnesium, Mg.....mg	40	1.217	38		1		11	13	3
Phosphorus, P.....mg	125	3.819	37		1		35	40	9
Potassium, K.....mg	166	3.417	53		1		47	53	12
Sodium, Na.....mg	660	10.730	59		1		187	211	46
Zinc, Zn.....mg	1.14	0.032	38		1		0.32	0.36	0.08
Copper, Cu.....mg	0.186	0.005	34		1		0.053	0.060	0.013
Manganese, Mn.....mg	0.824	0.031	36		1		0.234	0.264	0.058
Selenium, Se.....µg	30.9	0.899	44	A	1		8.8	9.9	2.2
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.4		0	FLA	4		0.1	0.1	0.0
Thiamin.....mg	0.434	0.008	69		1		0.123	0.139	0.030
Riboflavin.....mg	0.335	0.013	70		1		0.095	0.107	0.023
Niacin.....mg	3.805	0.070	70		1		1.079	1.218	0.266
Pantothenic acid.....mg	0.440	0.052	4		1		0.125	0.141	0.031
Vitamin B-6.....mg	0.075		2		1		0.021	0.024	0.005
Folate, total.....µg	110		0	FLC	4		31	35	8
Folic acid.....µg	59		0		4		17	19	4
Folate, food.....µg	51	14.848	4		1		14	16	4
Folate, DFE.....mcg_DFE	151		0	NC	4		43	48	11
Choline, total.....mg	14.6		0	BFZN	4		4.1	4.7	1.0
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....µg	0		0	FLC	4		0	0	0
Carotene, beta.....µg	4		0	FLC	4		1	1	0
Carotene, alpha.....µg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta.....µg	1		0	FLC	4		0	0	0
Vitamin A, IU.....IU	7		0	FLA	4		2	2	0
Lycopene.....µg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin.....µg	54		0	FLC	4		15	17	4
Vitamin E (alpha-tocopherol).....mg	0.33		0	FLC	4		0.09	0.11	0.02
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	1.2		0	FLC	4		0.3	0.4	0.1
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total saturated.....g	0.626		0		4		0.177	0.200	0.044
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.000		0		4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.011		0		4		0.003	0.004	0.001
15:0.....g									
16:0.....g	0.385		0		4		0.109	0.123	0.027
17:0.....g									
18:0.....g	0.230		0		4		0.065	0.074	0.016
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.311		0		4		0.372	0.420	0.092
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012		0		4		0.003	0.004	0.001
17:1.....g									
18:1 undifferentiated.....g	1.296		0		4		0.367	0.415	0.091
20:1.....g	0.003		0		4		0.001	0.001	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.799		0		4		0.227	0.256	0.056
18:2 undifferentiated.....g	0.739		0		4		0.210	0.236	0.052
18:3 undifferentiated.....g	0.060		0		4		0.017	0.019	0.004
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.000	7		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.096		0		4		0.027	0.031	0.007
Threonine.....g	0.255		0		4		0.072	0.082	0.018
Isoleucine.....g	0.319		0		4		0.090	0.102	0.022
Leucine.....g	0.579		0		4		0.164	0.185	0.041
Lysine.....g	0.233		0		4		0.066	0.075	0.016
Methionine.....g	0.139		0		4		0.039	0.044	0.010
Cystine.....g	0.173		0		4		0.049	0.055	0.012
Phenylalanine.....g	0.411		0		4		0.117	0.132	0.029
Tyrosine.....g	0.213		0		4		0.060	0.068	0.015
Valine.....g	0.379		0		4		0.107	0.121	0.027
Arginine.....g	0.325		0		4		0.092	0.104	0.023
Histidine.....g	0.182		0		4		0.052	0.058	0.013
Alanine.....g	0.299		0		4		0.085	0.096	0.021
Aspartic acid.....g	0.442		0		4		0.125	0.141	0.031
Glutamic acid.....g	2.603		0		4		0.738	0.833	0.182
Glycine.....g	0.302		0		4		0.086	0.097	0.021
Proline.....g	0.909		0		4		0.258	0.291	0.064
Serine.....g	0.417		0		4		0.118	0.133	0.029
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0	0
Theobromine.....mg	0		0	FLC	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18060

Bread, rye

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Deriv	Source	Measure 1	Measure 2	Measure 3
			of Data	Code	Confidence			
			Points	Code	Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 28.35g: 1 oz
- Measure 2 = 32g: 1 slice, regular
- Measure 3 = 7.0g: 1 slice, snack-size

Calories Factors: Protein 3.7

Fat 8.6

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18061
Bread, rye, toasted

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	31.00		0		4		8.79	8.99	7.44
Energy.....kcal	284		0		4		81	82	68
Energy.....kJ	1188		0		4		337	345	285
Protein (N x 0).....g	9.40		0		4		2.66	2.73	2.26
Total lipid (fat).....g	3.60		0		4		1.02	1.04	0.86
Ash.....g	2.70		0		4		0.77	0.78	0.65
Carbohydrate, by difference.....g	53.10		0		4		15.05	15.40	12.74
Fiber, total dietary.....g	6.4		0		4		1.8	1.9	1.5
Sugars, total.....g	4.23		0	RK	4		1.20	1.23	1.01
Starch.....g									
Minerals:									
Calcium, Ca.....mg	80		0		4		23	23	19
Iron, Fe.....mg	3.10		0		4		0.88	0.90	0.74
Magnesium, Mg.....mg	43		0		4		12	12	10
Phosphorus, P.....mg	138		0		4		39	40	33
Potassium, K.....mg	183		0		4		52	53	44
Sodium, Na.....mg	725		0		4		206	210	174
Zinc, Zn.....mg	1.25		0		4		0.35	0.36	0.30
Copper, Cu.....mg	0.204		0		4		0.058	0.059	0.049
Manganese, Mn.....mg	0.905		0		4		0.257	0.262	0.217
Selenium, Se.....µg	34.0		0	RK	4		9.6	9.9	8.2
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		0		4		0.1	0.1	0.0
Thiamin.....mg	0.382		0		4		0.108	0.111	0.092
Riboflavin.....mg	0.332		0		4		0.094	0.096	0.080
Niacin.....mg	3.763		0		4		1.067	1.091	0.903
Pantothenic acid.....mg	0.314		0		4		0.089	0.091	0.075
Vitamin B-6.....mg	0.074		0		4		0.021	0.021	0.018
Folate, total.....µg	103		0	RK	4		29	30	25
Folic acid.....µg	64		0		4		18	19	15
Folate, food.....µg	39		0		4		11	11	9
Folate, DFE.....mcg_DFE	148		0	NC	4		42	43	35
Choline, total.....mg	16.1		0	BFZN	4		4.6	4.7	3.9
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....µg	0		0	RK	4		0	0	0
Carotene, beta.....µg	4		0	RK	4		1	1	1
Carotene, alpha.....µg	0		0	RK	4		0	0	0
Cryptoxanthin, beta.....µg	1		0	RK	4		0	0	0
Vitamin A, IU.....IU	8		0	NC	4		2	2	2
Lycopene.....µg	0		0	RK	4		0	0	0
Lutein + zeaxanthin.....µg	56		0	RK	4		16	16	13
Vitamin E (alpha-tocopherol).....mg	0.37		0	RK	4		0.10	0.11	0.09
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	1.3		0	RK	4		0.4	0.4	0.3
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 18061
Bread, rye, toasted

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number		measures of food				
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.688		0		4		0.195	0.200	0.165
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.000		0		4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.012		0		4		0.003	0.003	0.003
15:0.....g									
16:0.....g	0.423		0		4		0.120	0.123	0.102
17:0.....g									
18:0.....g	0.253		0		4		0.072	0.073	0.061
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.440		0		4		0.408	0.418	0.346
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.013		0		4		0.004	0.004	0.003
17:1.....g									
18:1 undifferentiated.....g	1.425		0		4		0.404	0.413	0.342
20:1.....g	0.003		0		4		0.001	0.001	0.001
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.879		0		4		0.249	0.255	0.211
18:2 undifferentiated.....g	0.812		0		4		0.230	0.235	0.195
18:3 undifferentiated.....g	0.066		0		4		0.019	0.019	0.016
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.105		0		4		0.030	0.030	0.025
Threonine.....g	0.281		0		4		0.080	0.081	0.067
Isoleucine.....g	0.351		0		4		0.100	0.102	0.084
Leucine.....g	0.637		0		4		0.181	0.185	0.153
Lysine.....g	0.256		0		4		0.073	0.074	0.061
Methionine.....g	0.153		0		4		0.043	0.044	0.037
Cystine.....g	0.190		0		4		0.054	0.055	0.046
Phenylalanine.....g	0.451		0		4		0.128	0.131	0.108
Tyrosine.....g	0.235		0		4		0.067	0.068	0.056
Valine.....g	0.417		0		4		0.118	0.121	0.100
Arginine.....g	0.358		0		4		0.101	0.104	0.086
Histidine.....g	0.200		0		4		0.057	0.058	0.048
Alanine.....g	0.328		0		4		0.093	0.095	0.079
Aspartic acid.....g	0.486		0		4		0.138	0.141	0.117
Glutamic acid.....g	2.861		0		4		0.811	0.830	0.687
Glycine.....g	0.331		0		4		0.094	0.096	0.079
Proline.....g	0.999		0		4		0.283	0.290	0.240
Serine.....g	0.458		0		4		0.130	0.133	0.110
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	RK	4		0	0	0
Theobromine.....mg	0		0	RK	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18061
Bread, rye, toasted

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code						

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 28.35g: 1 oz
- Measure 2 = 29g: 1 slice, large
- Measure 3 = 24g: 1 slice, regular

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

Bread, salvadoran sweet cheese (quesadilla salvadorena)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	14		0	FLA	4		8	56	
Vitamin K (phylloquinone).....µg	11.2		0	FLA	4		6.1	44.6	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	4.612		0	NC	4		2.537	18.403	
4:0.....g	0.160		1	A	1		0.088	0.638	
6:0.....g	0.028		1	A	1		0.015	0.112	
8:0.....g	0.017		1	A	1		0.009	0.068	
10:0.....g	0.060		1	A	1		0.033	0.239	
12:0.....g	0.046		1	A	1		0.025	0.184	
13:0.....g									
14:0.....g	0.174		1	A	1		0.096	0.694	
15:0.....g	0.020		1	A	1		0.011	0.079	
16:0.....g	2.396		1	A	1		1.318	9.560	
17:0.....g	0.028		1	A	1		0.015	0.112	
18:0.....g	1.581		1	A	1		0.869	6.308	
20:0.....g	0.046		1	A	1		0.025	0.184	
22:0.....g	0.042		1	A	1		0.023	0.167	
24:0.....g	0.015		1	A	1		0.008	0.059	
Fatty acids, total monounsaturated.....g	6.794		0	NC	4		3.736	27.106	
14:1.....g	0.014		1	A	1		0.008	0.056	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.103		0	AS	1		0.057	0.410	
16:1 c.....g	0.094		1	A	1		0.052	0.375	
16:1 t.....g	0.009		1	A	1		0.005	0.036	
17:1.....g	0.011		1	A	1		0.006	0.043	
18:1 undifferentiated.....g	6.606		0	AS	1		3.633	26.358	
18:1 c.....g	4.742		1	A	1		2.608	18.921	
18:1-11c (18:1c n-7).....g									
18:1 t.....g	1.864		1	A	1		1.025	7.437	
18:1-11t (18:1t n-7).....g									
20:1.....g	0.060		1	A	1		0.033	0.239	
22:1 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
22:1 c.....g	0.000		1	A	1		0.000	0.000	
22:1 t.....g	0.000		1	A	1		0.000	0.000	
24:1 c.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	4.428		0	NC	4		2.436	17.669	
18:2 undifferentiated.....g	3.814		0	AS	1		2.098	15.217	
18:2 n-6 c,c.....g	3.639		1	A	1		2.001	14.519	
18:2 CLAs.....g	0.021		1	A	1		0.011	0.083	
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.154		1	A	1		0.085	0.614	
18:3 undifferentiated.....g	0.526		0	AS	1		0.289	2.098	
18:3 n-3 c,c,c (ALA).....g	0.489		1	A	1		0.269	1.951	
18:3 n-6 c,c,c.....g	0.037		1	A	1		0.020	0.148	
18:3i.....g									
18:4.....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.007		1	A	1		0.004	0.028	
20:3 undifferentiated.....g	0.006		0	AS	1		0.003	0.024	
20:3 n-3.....g	0.000		1	A	1		0.000	0.000	
20:3 n-6.....g	0.006		1	A	1		0.003	0.024	
20:4 undifferentiated.....g	0.053		1	A	1		0.029	0.211	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.005		1	A	1		0.003	0.020	
22:5 n-3 (DPA).....g	0.004		1	A	1		0.002	0.016	

NDB No. 18953

Bread, salvadoran sweet cheese (quesadilla salvadorena)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA).....g	0.014		1	A	1		0.008	0.056	
Fatty acids, total trans.....g	2.027		0	NC	4		1.115	8.087	
Fatty acids, total trans-monoenoic.....g	1.873		0	NC	4		1.030	7.472	
Fatty acids, total trans-polyenoic.....g	0.154		0	NC	4		0.085	0.614	
Cholesterol.....mg	59		0	FLA	4		32	233	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.070		0	A	1		0.039	0.279	
Threonine.....g	0.210		0	A	1		0.115	0.838	
Isoleucine.....g	0.300		0	A	1		0.165	1.197	
Leucine.....g	0.650		0	A	1		0.357	2.593	
Lysine.....g	0.500		0	A	1		0.275	1.995	
Methionine.....g	0.280		0	A	1		0.154	1.117	
Cystine.....g	0.060		0	A	1		0.033	0.239	
Phenylalanine.....g	0.370		0	A	1		0.204	1.476	
Tyrosine.....g	0.230		0	A	1		0.127	0.918	
Valine.....g	0.430		0	A	1		0.237	1.716	
Arginine.....g	0.250		0	A	1		0.138	0.998	
Histidine.....g	0.150		0	A	1		0.083	0.599	
Alanine.....g	0.360		0	A	1		0.198	1.436	
Aspartic acid.....g	0.590		0	A	1		0.324	2.354	
Glutamic acid.....g	1.330		0	A	1		0.732	5.307	
Glycine.....g	0.200		0	A	1		0.110	0.798	
Proline.....g	0.830		0	A	1		0.456	3.311	
Serine.....g	0.450		0	A	1		0.247	1.795	
Hydroxyproline.....g	0.000		1	A	1		0.000	0.000	
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 55g: 1 serving (approximate serving size)

Measure 2 = 399g: 1 cake square (average weight of whole item)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	4.9	0.265	3	A	1	1.4	1.4		
Dihydrophyloquinone.....µg	0.7	0.733	3	A	1	0.2	0.2		
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.803		0	NC	4		0.228	0.233	
4:0.....g	0.008	0.001	7	A	1	0.002	0.002		
6:0.....g	0.001	0.000	7	A	1	0.000	0.000		
8:0.....g	0.005	0.001	7	A	1	0.001	0.001		
10:0.....g	0.034	0.004	7	A	1	0.010	0.010		
12:0.....g	0.013	0.006	7	A	1	0.004	0.004		
13:0.....g									
14:0.....g	0.014	0.003	7	A	1	0.004	0.004		
15:0.....g	0.003	0.000	7	A	1	0.001	0.001		
16:0.....g	0.461	0.018	7	A	1	0.131	0.134		
17:0.....g	0.007	0.000	7	A	1	0.002	0.002		
18:0.....g	0.239	0.024	7	A	1	0.068	0.069		
20:0.....g	0.008	0.000	7	A	1	0.002	0.002		
22:0.....g	0.007	0.001	7	A	1	0.002	0.002		
24:0.....g	0.004	0.000	7	A	1	0.001	0.001		
Fatty acids, total monounsaturated.....g	0.642		0	NC	4		0.182	0.186	
14:1.....g	0.000	0.000	7	A	1	0.000	0.000		
15:1.....g	0.000	0.000	7	A	1	0.000	0.000		
16:1 undifferentiated.....g	0.022	0.003	7	AS	1	0.006	0.006		
16:1 c.....g	0.022	0.003	7	A	1	0.006	0.006		
16:1 t.....g	0.000	0.000	7	A	1	0.000	0.000		
17:1.....g	0.002	0.000	7	A	1	0.000	0.000		
18:1 undifferentiated.....g	0.601	0.028	7	AS	1	0.171	0.174		
18:1 c.....g	0.580	0.028	7	A	1	0.164	0.168		
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.022	0.002	7	A	1	0.006	0.006		
18:1-11t (18:1t n-7).....g									
20:1.....g	0.017	0.001	7	A	1	0.005	0.005		
22:1 undifferentiated.....g	0.000	0.000	7	AS	1	0.000	0.000		
22:1 c.....g	0.000	0.000	7	A	1	0.000	0.000		
22:1 t.....g	0.000	0.000	7	A	1	0.000	0.000		
24:1 c.....g	0.000	0.000	7	A	1	0.000	0.000		
Fatty acids, total polyunsaturated.....g	1.609		0	NC	4		0.456	0.467	
18:2 undifferentiated.....g	1.453	0.070	7	AS	1	0.412	0.421		
18:2 n-6 c,c.....g	1.446	0.070	7	A	1	0.410	0.419		
18:2 CLAs.....g	0.001	0.000	7	A	1	0.000	0.000		
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.006	0.001	7	A	1	0.002	0.002		
18:3 undifferentiated.....g	0.151	0.012	7	AS	1	0.043	0.044		
18:3 n-3 c,c,c (ALA).....g	0.151	0.012	7	A	1	0.043	0.044		
18:3 n-6 c,c,c.....g	0.000	0.000	7	A	1	0.000	0.000		
18:3i.....g									
18:4.....g	0.000	0.000	7	A	1	0.000	0.000		
20:2 n-6 c,c.....g	0.001	0.000	7	A	1	0.000	0.000		
20:3 undifferentiated.....g	0.000	0.000	7	AS	1	0.000	0.000		
20:3 n-3.....g	0.000	0.000	7	A	1	0.000	0.000		
20:3 n-6.....g	0.000	0.000	7	A	1	0.000	0.000		
20:4 undifferentiated.....g	0.003	0.000	7	A	1	0.001	0.001		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.002	0.000	7	A	1	0.000	0.000		
21:5.....g									
22:4.....g	0.000	0.000	7	A	1	0.000	0.000		
22:5 n-3 (DPA).....g	0.000	0.000	7	A	1	0.000	0.000		

NDB No. 18064

Bread, wheat

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
22:6 n-3 (DHA).....g	0.000	0.000	7	A	1	0.000	0.000	
Fatty acids, total trans.....g	0.028		0	NC	4	0.008	0.008	
Fatty acids, total trans-monoenoic.....g	0.022		0	NC	4	0.006	0.006	
Fatty acids, total trans-polyenoic.....g	0.006		0	NC	4	0.002	0.002	
Cholesterol.....mg	0		0	FLA	4	0	0	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	FLA	4	0.0	0.0	
Caffeine.....mg	0		0	FLA	4	0	0	
Theobromine.....mg	0		0	FLA	4	0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 29g: 1 slice

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18066
Bread, wheat bran

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	37.80	1.046	9		1		10.72	13.61	
Energy.....kcal	248		0	NC	4		70	89	
Energy.....kJ	1038		0		4		294	374	
Protein (N x 5.8).....g	8.80	0.331	7		1		2.49	3.17	
Total lipid (fat).....g	3.40	0.138	20		1		0.96	1.22	
Ash.....g	2.20	0.135	8		1		0.62	0.79	
Carbohydrate, by difference.....g	47.80		0	NC	4		13.55	17.21	
Fiber, total dietary.....g	4.0		0		1		1.1	1.4	
Sugars, total.....g	9.68		0	FLA	4		2.75	3.49	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	74	7.446	5		1		21	27	
Iron, Fe.....mg	3.07	0.112	19		1		0.87	1.11	
Magnesium, Mg.....mg	81		2		1		23	29	
Phosphorus, P.....mg	185		2		1		52	67	
Potassium, K.....mg	227	20.410	6		1		64	82	
Sodium, Na.....mg	486	17.606	10		1		138	175	
Zinc, Zn.....mg	1.35		2		1		0.38	0.49	
Copper, Cu.....mg	0.221		2		1		0.063	0.080	
Manganese, Mn.....mg	1.668		2		1		0.473	0.600	
Selenium, Se.....µg	31.0		0	FLA	4		8.8	11.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.397	0.011	18		1		0.113	0.143	
Riboflavin.....mg	0.287	0.009	19		1		0.081	0.103	
Niacin.....mg	4.402	0.122	18		1		1.248	1.585	
Pantothenic acid.....mg	0.536	0.059	4		1		0.152	0.193	
Vitamin B-6.....mg	0.176		2		1		0.050	0.063	
Folate, total.....µg	105		0	FLA	4		30	38	
Folic acid.....µg	80		0		4		23	29	
Folate, food.....µg	25		0		4		7	9	
Folate, DFE.....mcg_DFE	161		0	NC	4		46	58	
Choline, total.....mg	18.7		0	BFZN	4		5.3	6.7	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	FLA	4		0	0	
Carotene, beta.....µg	0		0		4		0	0	
Carotene, alpha.....µg	0		0		4		0	0	
Cryptoxanthin, beta.....µg	0		0		4		0	0	
Vitamin A, IU.....IU	0		1		1		0	0	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	54		0	FLA	4		15	19	
Vitamin E (alpha-tocopherol).....mg	0.32		0	FLA	4		0.09	0.11	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	1.3		0	FLA	4		0.4	0.5	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 18066
Bread, wheat bran

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number		measures of food				
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.779		0		1		0.221	0.280	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.014		0		1		0.004	0.005	
15:0.....g									
16:0.....g	0.438		0		1		0.124	0.158	
17:0.....g									
18:0.....g	0.326		0		1		0.092	0.117	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.618		0		1		0.459	0.582	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		0		1		0.003	0.003	
17:1.....g									
18:1 undifferentiated.....g	1.608		0		1		0.456	0.579	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.649		0		1		0.184	0.234	
18:2 undifferentiated.....g	0.614		0		1		0.174	0.221	
18:3 undifferentiated.....g	0.035		0		1		0.010	0.013	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.111		0		1		0.031	0.040	
Threonine.....g	0.256		0		1		0.073	0.092	
Isoleucine.....g	0.332		0		1		0.094	0.120	
Leucine.....g	0.603		0		1		0.171	0.217	
Lysine.....g	0.235		0		1		0.067	0.085	
Methionine.....g	0.152		0		1		0.043	0.055	
Cystine.....g	0.191		0		1		0.054	0.069	
Phenylalanine.....g	0.419		0		1		0.119	0.151	
Tyrosine.....g	0.252		0		1		0.071	0.091	
Valine.....g	0.385		0		1		0.109	0.139	
Arginine.....g	0.357		0		1		0.101	0.129	
Histidine.....g	0.196		0		1		0.056	0.071	
Alanine.....g	0.311		0		1		0.088	0.112	
Aspartic acid.....g	0.433		0		1		0.123	0.156	
Glutamic acid.....g	2.750		0		1		0.780	0.990	
Glycine.....g	0.334		0		1		0.095	0.120	
Proline.....g	0.918		0		1		0.260	0.330	
Serine.....g	0.419		0		1		0.119	0.151	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18066
Bread, wheat bran

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Deriv	Source	Measure 1	Measure 2	Measure 3
			of Data	Code	Confidence			
			Points	Code	Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 36g: 1 slice

Calories Factors: Protein 3.7

Fat 8.7

Carbohydrate 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18068
Bread, wheat germ

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	37.10	0.463	5		1		10.52	10.39	
Energy.....kcal	261		0	NC	4		74	73	
Energy.....kJ	1092		0		4		310	306	
Protein (N x 5.8).....g	9.60	0.099	18		1		2.72	2.69	
Total lipid (fat).....g	2.90	0.105	18		1		0.82	0.81	
Ash.....g	2.10	0.163	4		1		0.60	0.59	
Carbohydrate, by difference.....g	48.30		0	NC	4		13.69	13.52	
Fiber, total dietary.....g	2.1		0		4		0.6	0.6	
Sugars, total.....g	3.73		0	FLC	4		1.06	1.04	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	89	2.081	18		1		25	25	
Iron, Fe.....mg	3.45	0.055	18		1		0.98	0.97	
Magnesium, Mg.....mg	28		0	FLA	4		8	8	
Phosphorus, P.....mg	121		0	FLA	4		34	34	
Potassium, K.....mg	254		2		1		72	71	
Sodium, Na.....mg	553	6.125	9		1		157	155	
Zinc, Zn.....mg	0.98		0	FLA	4		0.28	0.27	
Copper, Cu.....mg	0.204		0	FLA	4		0.058	0.057	
Manganese, Mn.....mg	0.845		0	FLA	4		0.240	0.237	
Selenium, Se.....µg	27.2		0	FLA	4		7.7	7.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		0	FLA	4		0.1	0.1	
Thiamin.....mg	0.369	0.009	18		1		0.105	0.103	
Riboflavin.....mg	0.375	0.008	18		1		0.106	0.105	
Niacin.....mg	4.498	0.068	18		1		1.275	1.259	
Pantothenic acid.....mg	0.521		0	FLA	4		0.148	0.146	
Vitamin B-6.....mg	0.079		0	FLA	4		0.022	0.022	
Folate, total.....µg	118		0	FLC	4		33	33	
Folic acid.....µg	63		0		4		18	18	
Folate, food.....µg	55		1		1		16	15	
Folate, DFE.....mcg_DFE	162		0	NC	4		46	45	
Choline, total.....mg	18.7		0	BFZN	4		5.3	5.2	
Betaine.....mg									
Vitamin B-12.....µg	0.07		0	FLA	4		0.02	0.02	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	FLC	4		0	0	
Carotene, beta.....µg	2		0	FLC	4		0	0	
Carotene, alpha.....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLC	4		0	0	
Vitamin A, IU.....IU	3		0	NC	4		1	1	
Lycopene.....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....µg	55		0	FLC	4		15	15	
Vitamin E (alpha-tocopherol).....mg	0.51		0	FLC	4		0.14	0.14	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	1.1		0	FLC	4		0.3	0.3	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 18068
Bread, wheat germ

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number	Deriv Code	Source Code	measures of food			
			of Data Points			Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.657		0		1		0.186	0.184	
4:0.....g	0.001		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.001		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.012		0		1		0.003	0.003	
15:0.....g									
16:0.....g	0.388		0		1		0.110	0.109	
17:0.....g									
18:0.....g	0.254		0		1		0.072	0.071	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.275		0		1		0.361	0.357	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		0		1		0.003	0.003	
17:1.....g									
18:1 undifferentiated.....g	1.265		0		1		0.359	0.354	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.668		0		1		0.189	0.187	
18:2 undifferentiated.....g	0.623		0		1		0.177	0.174	
18:3 undifferentiated.....g	0.045		0		1		0.013	0.013	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.114		0		1		0.032	0.032	
Threonine.....g	0.302		0		1		0.086	0.085	
Isoleucine.....g	0.386		0		1		0.109	0.108	
Leucine.....g	0.686		0		1		0.194	0.192	
Lysine.....g	0.326		0		1		0.092	0.091	
Methionine.....g	0.170		0		1		0.048	0.048	
Cystine.....g	0.188		0		1		0.053	0.053	
Phenylalanine.....g	0.458		0		1		0.130	0.128	
Tyrosine.....g	0.293		0		1		0.083	0.082	
Valine.....g	0.438		0		1		0.124	0.123	
Arginine.....g	0.397		0		1		0.113	0.111	
Histidine.....g	0.216		0		1		0.061	0.060	
Alanine.....g	0.343		0		1		0.097	0.096	
Aspartic acid.....g	0.526		0		1		0.149	0.147	
Glutamic acid.....g	2.843		0		1		0.806	0.796	
Glycine.....g	0.346		0		1		0.098	0.097	
Proline.....g	0.971		0		1		0.275	0.272	
Serine.....g	0.468		0		1		0.133	0.131	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18068
Bread, wheat germ

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 28g: 1 slice

Calories Factors: Protein 3.9

Fat 8.7

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18385
Bread, wheat germ, toasted

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	29.30		0		4		8.31	7.33	
Energy.....kcal	293		0		4		83	73	
Energy.....kJ	1226		0		4		348	306	
Protein (N x 0).....g	10.70		0		4		3.03	2.68	
Total lipid (fat).....g	3.30		0		4		0.94	0.83	
Ash.....g	2.40		0		4		0.68	0.60	
Carbohydrate, by difference.....g	54.30		0		4		15.39	13.58	
Fiber, total dietary.....g	2.3		0		4		0.7	0.6	
Sugars, total.....g	4.14		0	RA	4		1.17	1.04	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	100		0		4		28	25	
Iron, Fe.....mg	3.88		0		4		1.10	0.97	
Magnesium, Mg.....mg	38		0		4		11	10	
Phosphorus, P.....mg	175		0		4		50	44	
Potassium, K.....mg	285		0		4		81	71	
Sodium, Na.....mg	621		0		4		176	155	
Zinc, Zn.....mg	1.46		0		4		0.41	0.37	
Copper, Cu.....mg	0.202		0		4		0.057	0.051	
Manganese, Mn.....mg	1.259		0		4		0.357	0.315	
Selenium, Se.....µg	30.5		0	RK	4		8.6	7.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		0		4		0.1	0.1	
Thiamin.....mg	0.332		0		4		0.094	0.083	
Riboflavin.....mg	0.379		0		4		0.107	0.095	
Niacin.....mg	4.548		0		4		1.289	1.137	
Pantothenic acid.....mg	0.340		0		4		0.096	0.085	
Vitamin B-6.....mg	0.096		0		4		0.027	0.024	
Folate, total.....µg	112		0	RA	4		32	28	
Folic acid.....µg	69		0		4		20	17	
Folate, food.....µg	43		0		4		12	11	
Folate, DFE.....mcg_DFE	160		0	NC	4		45	40	
Choline, total.....mg	22.1		0	BFZN	4		6.3	5.5	
Betaine.....mg									
Vitamin B-12.....µg	0.07		0		4		0.02	0.02	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	RA	4		0	0	
Carotene, beta.....µg	2		0	RA	4		1	0	
Carotene, alpha.....µg	0		0	RA	4		0	0	
Cryptoxanthin, beta.....µg	0		0	RA	4		0	0	
Vitamin A, IU.....IU	4		0	NC	4		1	1	
Lycopene.....µg	0		0	RA	4		0	0	
Lutein + zeaxanthin.....µg	58		0	RA	4		16	14	
Vitamin E (alpha-tocopherol).....mg	0.57		0	RA	4		0.16	0.14	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	1.2		0	RA	4		0.3	0.3	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 18385
Bread, wheat germ, toasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.738		0		4		0.209	0.185	
4:0.....g	0.001		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.001		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.014		0		4		0.004	0.004	
15:0.....g									
16:0.....g	0.436		0		4		0.124	0.109	
17:0.....g									
18:0.....g	0.286		0		4		0.081	0.072	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.432		0		4		0.406	0.358	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0		4		0.003	0.003	
17:1.....g									
18:1 undifferentiated.....g	1.422		0		4		0.403	0.356	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.751		0		4		0.213	0.188	
18:2 undifferentiated.....g	0.700		0		4		0.198	0.175	
18:3 undifferentiated.....g	0.051		0		4		0.014	0.013	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.128		0		4		0.036	0.032	
Threonine.....g	0.339		0		4		0.096	0.085	
Isoleucine.....g	0.433		0		4		0.123	0.108	
Leucine.....g	0.770		0		4		0.218	0.193	
Lysine.....g	0.367		0		4		0.104	0.092	
Methionine.....g	0.191		0		4		0.054	0.048	
Cystine.....g	0.211		0		4		0.060	0.053	
Phenylalanine.....g	0.515		0		4		0.146	0.129	
Tyrosine.....g	0.330		0		4		0.094	0.083	
Valine.....g	0.493		0		4		0.140	0.123	
Arginine.....g	0.446		0		4		0.126	0.112	
Histidine.....g	0.243		0		4		0.069	0.061	
Alanine.....g	0.385		0		4		0.109	0.096	
Aspartic acid.....g	0.591		0		4		0.168	0.148	
Glutamic acid.....g	3.195		0		4		0.906	0.799	
Glycine.....g	0.389		0		4		0.110	0.097	
Proline.....g	1.091		0		4		0.309	0.273	
Serine.....g	0.526		0		4		0.149	0.132	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18385
Bread, wheat germ, toasted

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 28.35g: 1 oz
Measure 2 = 25g: 1 slice

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18065
Bread, wheat, toasted

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	24.23	0.204	3	A	1		6.87	5.82	
Energy.....kcal	313		0	NC	4		89	75	
Energy.....kJ	1311		0	NC	4		372	315	
Protein.....g	12.96	0.158	3	A	1		3.67	3.11	
Total lipid (fat).....g	4.27	0.139	3	A	1		1.21	1.03	
Ash.....g	2.77	0.085	3	A	1		0.78	0.66	
Carbohydrate, by difference.....g	55.77		0	NC	4		15.81	13.39	
Fiber, total dietary.....g	4.7	0.378	3	A	1		1.3	1.1	
Sugars, total.....g	6.42	0.412	3	A	1		1.82	1.54	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	165		2	A	1		47	39	
Iron, Fe.....mg	4.09	0.105	3	A	1		1.16	0.98	
Magnesium, Mg.....mg	59	2.969	3	A	1		17	14	
Phosphorus, P.....mg	188	2.082	3	A	1		53	45	
Potassium, K.....mg	223	6.173	3	A	1		63	53	
Sodium, Na.....mg	611	11.780	3	A	1		173	147	
Zinc, Zn.....mg	1.47	0.026	3	A	1		0.42	0.35	
Copper, Cu.....mg	0.198	0.008	3	A	1		0.056	0.047	
Manganese, Mn.....mg	1.377	0.070	3	A	1		0.390	0.330	
Selenium, Se.....µg	33.4	0.809	3	A	1		9.5	8.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2	0.000	3	A	1		0.0	0.0	
Thiamin.....mg	0.439	0.036	3	A	1		0.124	0.105	
Riboflavin.....mg	0.382	0.010	3	A	1		0.108	0.092	
Niacin.....mg	6.250	0.335	3	A	1		1.772	1.500	
Pantothenic acid.....mg	0.456	0.009	3	A	1		0.129	0.110	
Vitamin B-6.....mg	0.153	0.002	3	A	1		0.043	0.037	
Folate, total.....µg	86		0	RA	4		24	21	
Folic acid.....µg	20		0	RA	4		6	5	
Folate, food.....µg	65		0	RA	4		19	16	
Folate, DFE.....mcg_DFE	100		0	NC	4		28	24	
Choline, total.....mg	22.1		0	A	1		6.3	5.3	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	RA	4		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	RA	4		0	0	
Retinol.....µg	0		0	RA	4		0	0	
Carotene, beta.....µg	0		0	RA	4		0	0	
Carotene, alpha.....µg	0		0	RA	4		0	0	
Cryptoxanthin, beta.....µg	0		0	RA	4		0	0	
Vitamin A, IU.....IU	0		0	RA	4		0	0	
Lycopene.....µg	0		0	RA	4		0	0	
Lutein + zeaxanthin.....µg	50		0	RA	4		14	12	
Vitamin E (alpha-tocopherol).....mg	0.24	0.015	3	A	1		0.07	0.06	
Vitamin E, added.....mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	5.7	0.549	3	A	1		1.6	1.4	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 18065
Bread, wheat, toasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.989		0	NC	4		0.280	0.237	
4:0.....g	0.000		0	RA	4		0.000	0.000	
6:0.....g	0.000		0	RA	4		0.000	0.000	
8:0.....g	0.000	0.000	3	A	1		0.000	0.000	
10:0.....g	0.000	0.000	3	A	1		0.000	0.000	
12:0.....g	0.000	0.000	3	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.008	0.005	3	A	1		0.002	0.002	
15:0.....g	0.000	0.000	3	A	1		0.000	0.000	
16:0.....g	0.547	0.025	3	A	1		0.155	0.131	
17:0.....g	0.002	0.002	3	A	1		0.001	0.000	
18:0.....g	0.405	0.033	3	A	1		0.115	0.097	
20:0.....g	0.012	0.000	3	A	1		0.003	0.003	
22:0.....g	0.014	0.001	3	A	1		0.004	0.003	
24:0.....g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total monounsaturated.....g	1.019		0	NC	4		0.289	0.245	
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.021	0.001	3	A	1		0.006	0.005	
17:1.....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.982	0.088	3	A	1		0.278	0.236	
20:1.....g	0.017	0.000	3	A	1		0.005	0.004	
22:1 undifferentiated.....g	0.000		0	RA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.720		0	NC	4		0.488	0.413	
18:2 undifferentiated.....g	1.560	0.078	3	A	1		0.442	0.374	
18:3 undifferentiated.....g	0.161		0	AS	1		0.046	0.039	
18:3 n-3 c,c,c (ALA).....g	0.161	0.015	3	A	1		0.046	0.039	
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	RA	4		0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0	RA	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RA	4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.092		0	RA	4		0.026	0.022	
Threonine.....g	0.299		0		1		0.085	0.072	
Isoleucine.....g	0.258		0	RA	4		0.073	0.062	
Leucine.....g	0.461		0	RA	4		0.131	0.111	
Lysine.....g	0.215		0	RA	4		0.061	0.052	
Methionine.....g	0.105		0	RA	4		0.030	0.025	
Cystine.....g	0.154		0	RA	4		0.044	0.037	
Phenylalanine.....g	0.315		0	RA	4		0.089	0.076	
Tyrosine.....g	0.165		0	RA	4		0.047	0.040	
Valine.....g	0.310		0	RA	4		0.088	0.074	
Arginine.....g	0.311		0	RA	4		0.088	0.075	
Histidine.....g	0.150		0	RA	4		0.042	0.036	
Alanine.....g	0.245		0	RA	4		0.070	0.059	
Aspartic acid.....g	0.348		0	RA	4		0.099	0.083	
Glutamic acid.....g	2.060		0	RA	4		0.584	0.494	
Glycine.....g	0.262		0	RA	4		0.074	0.063	

NDB No. 18065
Bread, wheat, toasted

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Proline.....g	0.682		0	RA	4	0.193	0.164	
Serine.....g	0.310		0	RA	4	0.088	0.074	
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	RA	4	0.0	0.0	
Caffeine.....mg	0		0	RA	4	0	0	
Theobromine.....mg	0		0	RA	4	0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 24g: 1 slice

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18967
Bread, wheat, white wheat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	FLC	4		0		
Vitamin K (phylloquinone).....µg	7.7		0	FLC	4		2.2		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.630		0	NC	4		0.176		
4:0.....g	0.002		2	A	1		0.001		
6:0.....g	0.000		2	A	1		0.000		
8:0.....g	0.007		2	A	1		0.002		
10:0.....g	0.004		2	A	1		0.001		
12:0.....g	0.013		2	A	1		0.004		
13:0.....g									
14:0.....g	0.007		2	A	1		0.002		
15:0.....g	0.003		2	A	1		0.001		
16:0.....g	0.324		2	A	1		0.091		
17:0.....g	0.004		2	A	1		0.001		
18:0.....g	0.251		2	A	1		0.070		
20:0.....g	0.005		2	A	1		0.001		
22:0.....g	0.006		2	A	1		0.002		
24:0.....g	0.003		2	A	1		0.001		
Fatty acids, total monounsaturated.....g	0.393		0	NC	4		0.110		
14:1.....g	0.000		2	A	1		0.000		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.016		0	AS	1		0.004		
16:1 c.....g	0.016		2	A	1		0.004		
16:1 t.....g	0.000		2	A	1		0.000		
17:1.....g	0.002		2	A	1		0.001		
18:1 undifferentiated.....g	0.366		0	AS	1		0.102		
18:1 c.....g	0.339		2	A	1		0.095		
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.027		2	A	1		0.008		
18:1-11t (18:1t n-7).....g									
20:1.....g	0.010		2	A	1		0.003		
22:1 undifferentiated.....g	0.000		0	AS	1		0.000		
22:1 c.....g	0.000		2	A	1		0.000		
22:1 t.....g	0.000		2	A	1		0.000		
24:1 c.....g	0.000		2	A	1		0.000		
Fatty acids, total polyunsaturated.....g	0.973		0	NC	4		0.273		
18:2 undifferentiated.....g	0.879		0	AS	1		0.246		
18:2 n-6 c,c.....g	0.875		2	A	1		0.245		
18:2 CLAs.....g	0.000		2	A	1		0.000		
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.004		2	A	1		0.001		
18:3 undifferentiated.....g	0.083		0	AS	1		0.023		
18:3 n-3 c,c,c (ALA).....g	0.083		2	A	1		0.023		
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		2	A	1		0.000		
20:2 n-6 c,c.....g	0.002		2	A	1		0.001		
20:3 undifferentiated.....g	0.000		0	AS	1		0.000		
20:3 n-3.....g	0.000		2	A	1		0.000		
20:3 n-6.....g	0.000		2	A	1		0.000		
20:4 undifferentiated.....g	0.002		2	A	1		0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.003		2	A	1		0.001		
21:5.....g									
22:4.....g	0.006		2	A	1		0.002		
22:5 n-3 (DPA).....g	0.000		2	A	1		0.000		

NDB No. 18967
 Bread, wheat, white wheat

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
22:6 n-3 (DHA).....g	0.000		2	A	1	0.000		
Fatty acids, total trans.....g	0.031		0	NC	4	0.009		
Fatty acids, total trans-monoenoic.....g	0.027		0	NC	4	0.008		
Fatty acids, total trans-polyenoic.....g	0.004		0	NC	4	0.001		
Cholesterol.....mg	0		0	FLC	4	0		
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	FLC	4	0.0		
Caffeine.....mg	0		0	FLC	4	0		
Theobromine.....mg	0		0	FLC	4	0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 slice

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7	0	0	0	
Vitamin K (phylloquinone).....µg	0.2		0	FLC	4	0.0	0.0	0.1	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.698		0	NC	4	0.196	0.198	0.314	
4:0.....g	0.003	0.000	14	A	1	0.001	0.001	0.001	
6:0.....g	0.000	0.000	14	A	1	0.000	0.000	0.000	
8:0.....g	0.005	0.001	14	A	1	0.002	0.002	0.002	
10:0.....g	0.005	0.000	14	A	1	0.001	0.001	0.002	
12:0.....g	0.013	0.004	14	A	1	0.004	0.004	0.006	
13:0.....g									
14:0.....g	0.009	0.002	14	A	1	0.003	0.003	0.004	
15:0.....g	0.003	0.000	14	A	1	0.001	0.001	0.001	
16:0.....g	0.419	0.017	14	A	1	0.117	0.119	0.188	
17:0.....g	0.004	0.000	14	A	1	0.001	0.001	0.002	
18:0.....g	0.218	0.008	14	A	1	0.061	0.062	0.098	
20:0.....g	0.008	0.000	14	A	1	0.002	0.002	0.004	
22:0.....g	0.008	0.000	14	A	1	0.002	0.002	0.004	
24:0.....g	0.004	0.000	14	A	1	0.001	0.001	0.002	
Fatty acids, total monounsaturated.....g	0.599		0	NC	4	0.168	0.170	0.270	
14:1.....g	0.000	0.000	14	A	1	0.000	0.000	0.000	
15:1.....g	0.000	0.000	14	A	1	0.000	0.000	0.000	
16:1 undifferentiated.....g	0.018	0.001	14	AS	1	0.005	0.005	0.008	
16:1 c.....g	0.018	0.001	14	A	1	0.005	0.005	0.008	
16:1 t.....g	0.000	0.000	14	A	1	0.000	0.000	0.000	
17:1.....g	0.002	0.000	14	A	1	0.001	0.001	0.001	
18:1 undifferentiated.....g	0.569	0.030	14	AS	1	0.159	0.161	0.256	
18:1 c.....g	0.547	0.028	14	A	1	0.153	0.155	0.246	
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.022	0.004	14	A	1	0.006	0.006	0.010	
18:1-11t (18:1t n-7).....g									
20:1.....g	0.010	0.001	14	A	1	0.003	0.003	0.005	
22:1 undifferentiated.....g	0.000	0.000	14	AS	1	0.000	0.000	0.000	
22:1 c.....g	0.000	0.000	14	A	1	0.000	0.000	0.000	
22:1 t.....g	0.000	0.000	14	A	1	0.000	0.000	0.000	
24:1 c.....g	0.000	0.000	14	A	1	0.000	0.000	0.000	
Fatty acids, total polyunsaturated.....g	1.602		0	NC	4	0.449	0.454	0.721	
18:2 undifferentiated.....g	1.425	0.064	14	AS	1	0.399	0.404	0.641	
18:2 n-6 c,c.....g	1.418	0.064	14	A	1	0.397	0.402	0.638	
18:2 CLAs.....g	0.001	0.000	14	A	1	0.000	0.000	0.001	
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.005	0.001	14	A	1	0.002	0.002	0.002	
18:3 undifferentiated.....g	0.166	0.009	14	AS	1	0.047	0.047	0.075	
18:3 n-3 c,c,c (ALA).....g	0.166	0.009	14	A	1	0.047	0.047	0.075	
18:3 n-6 c,c,c.....g	0.000	0.000	14	A	1	0.000	0.000	0.000	
18:3i.....g									
18:4.....g	0.000	0.000	14	A	1	0.000	0.000	0.000	
20:2 n-6 c,c.....g	0.002	0.000	14	A	1	0.000	0.000	0.001	
20:3 undifferentiated.....g	0.000	0.000	14	AS	1	0.000	0.000	0.000	
20:3 n-3.....g	0.000	0.000	14	A	1	0.000	0.000	0.000	
20:3 n-6.....g	0.000	0.000	14	A	1	0.000	0.000	0.000	
20:4 undifferentiated.....g	0.002	0.000	14	A	1	0.001	0.001	0.001	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.001	0.000	14	A	1	0.000	0.000	0.001	
21:5.....g									
22:4.....g	0.005	0.001	14	A	1	0.001	0.001	0.002	
22:5 n-3 (DPA).....g	0.000	0.000	14	A	1	0.000	0.000	0.000	

NDB No. 18069

Bread, white, commercially prepared (includes soft bread crumbs)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA).....g	0.000	0.000	14	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.027		0	NC	4		0.008	0.008	0.012
Fatty acids, total trans-monoenoic.....g	0.022		0	NC	4		0.006	0.006	0.010
Fatty acids, total trans-polyenoic.....g	0.005		0	NC	4		0.002	0.002	0.002
Cholesterol.....mg	0		2	A	1		0	0	0
Phytosterols.....mg	0		0	FLC	4		0	0	0
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0	0
Theobromine.....mg	0		0	FLC	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 28g: 1 slice
- Measure 2 = 28.35g: 1 oz
- Measure 3 = 45g: 1 cup, crumbs

Calories Factors: Protein 3.9

Fat 8.7

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18416

Bread, white, commercially prepared, low sodium no salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	36.70	0.101	302		1		10.40	16.52	12.85
Energy.....kcal	267		0	NC	4		76	120	93
Energy.....kJ	1117		0		4		317	503	391
Protein (N x 5.7).....g	8.20	0.050	218		1		2.32	3.69	2.87
Total lipid (fat).....g	3.60	0.076	224		1		1.02	1.62	1.26
Ash.....g	1.90	0.016	286		1		0.54	0.86	0.67
Carbohydrate, by difference.....g	49.50		0		4		14.03	22.28	17.33
Fiber, total dietary.....g	2.3		0	BFZN	4		0.7	1.0	0.8
Sugars, total.....g	4.31	0.050	4	A	1		1.22	1.94	1.51
Starch.....g									
Minerals:									
Calcium, Ca.....mg	108	2.643	250		1		31	49	38
Iron, Fe.....mg	3.03	0.033	256		1		0.86	1.36	1.06
Magnesium, Mg.....mg	24	0.430	108		1		7	11	8
Phosphorus, P.....mg	94	1.679	96		1		27	42	33
Potassium, K.....mg	119	2.041	105		1		34	54	42
Sodium, Na.....mg	27		0		4		8	12	9
Zinc, Zn.....mg	0.62	0.015	111		1		0.18	0.28	0.22
Copper, Cu.....mg	0.126	0.003	102		1		0.036	0.057	0.044
Manganese, Mn.....mg	0.383	0.008	103		1		0.109	0.172	0.134
Selenium, Se.....µg	22.6		0	BFZN	4		6.4	10.2	7.9
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0	0.0	0.0
Thiamin.....mg	0.472	0.005	190		1		0.134	0.212	0.165
Riboflavin.....mg	0.341	0.006	177		1		0.097	0.153	0.119
Niacin.....mg	3.969	0.034	198		1		1.125	1.786	1.389
Pantothenic acid.....mg	0.390	0.015	25		1		0.111	0.176	0.137
Vitamin B-6.....mg	0.064	0.005	6		1		0.018	0.029	0.022
Folate, total.....µg	111	5.320	7	A	1		31	50	39
Folic acid.....µg	86	2.283	7	A	1		24	39	30
Folate, food.....µg	25	5.281	7	AS	1		7	11	9
Folate, DFE.....mcg_DFE	171		0	NC	4		49	77	60
Choline, total.....mg	14.6		0	BFZN	4		4.1	6.6	5.1
Betaine.....mg									
Vitamin B-12.....µg	0.03		0	BFZN	4		0.01	0.01	0.01
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....µg	0		0	FLC	4		0	0	0
Carotene, beta.....µg	0		0	Z	7		0	0	0
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	0		1		1		0	0	0
Lycopene.....µg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin.....µg	44		0	FLC	4		12	20	15
Vitamin E (alpha-tocopherol).....mg	0.22		0	FLC	4		0.06	0.10	0.08
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	3.1		2		1		0.9	1.4	1.1
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
			of Data Points						Deriv Code
Fatty acids, total saturated.....g	0.811		0		4		0.230	0.365	0.284
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.001		0		4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.014		0		4		0.004	0.006	0.005
15:0.....g									
16:0.....g	0.469		0		4		0.133	0.211	0.164
17:0.....g									
18:0.....g	0.326		0		4		0.092	0.147	0.114
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.612		0		4		0.457	0.725	0.564
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.013		0		4		0.004	0.006	0.005
17:1.....g									
18:1 undifferentiated.....g	1.599		0		4		0.453	0.720	0.560
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.744		0		4		0.211	0.335	0.260
18:2 undifferentiated.....g	0.709		0		4		0.201	0.319	0.248
18:3 undifferentiated.....g	0.035		0		4		0.010	0.016	0.012
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	1	0.281	11		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.096		0		4		0.027	0.043	0.034
Threonine.....g	0.243		0		4		0.069	0.109	0.085
Isoleucine.....g	0.322		0		4		0.091	0.145	0.113
Leucine.....g	0.580		0		4		0.164	0.261	0.203
Lysine.....g	0.223		0		4		0.063	0.100	0.078
Methionine.....g	0.144		0		4		0.041	0.065	0.050
Cystine.....g	0.174		0		4		0.049	0.078	0.061
Phenylalanine.....g	0.404		0		4		0.115	0.182	0.141
Tyrosine.....g	0.237		0		4		0.067	0.107	0.083
Valine.....g	0.361		0		4		0.102	0.162	0.126
Arginine.....g	0.315		0		4		0.089	0.142	0.110
Histidine.....g	0.178		0		4		0.050	0.080	0.062
Alanine.....g	0.281		0		4		0.080	0.126	0.098
Aspartic acid.....g	0.409		0		4		0.116	0.184	0.143
Glutamic acid.....g	2.657		0		4		0.753	1.196	0.930
Glycine.....g	0.294		0		4		0.083	0.132	0.103
Proline.....g	0.882		0		4		0.250	0.397	0.309
Serine.....g	0.400		0		4		0.113	0.180	0.140
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0	0
Theobromine.....mg	0		0	FLC	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18416

Bread, white, commercially prepared, low sodium no salt

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	<u>measures of food</u>		
							Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 28.35g: 1 oz
- Measure 2 = 45g: 1 cup, crumbs
- Measure 3 = 35g: 1 cup, cubes

Calories Factors: Protein 3.9

Fat 8.7

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18070

Bread, white, commercially prepared, toasted

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	30.40		0		1		8.62	13.68	12.77
Energy.....kcal	293		0	NC	4		83	132	123
Energy.....kJ	1226		0		4		348	552	515
Protein (N x 0).....g	9.00		0		1		2.55	4.05	3.78
Total lipid (fat).....g	4.00		0		1		1.13	1.80	1.68
Ash.....g	2.10		0		1		0.60	0.95	0.88
Carbohydrate, by difference.....g	54.40		0	NC	4		15.42	24.48	22.85
Fiber, total dietary.....g	2.5		0		4		0.7	1.1	1.1
Sugars, total.....g	4.74		0	RK	4		1.34	2.13	1.99
Starch.....g									
Minerals:									
Calcium, Ca.....mg	119		0		1		34	54	50
Iron, Fe.....mg	3.33		0		1		0.94	1.50	1.40
Magnesium, Mg.....mg	26		0		1		7	12	11
Phosphorus, P.....mg	103		0		1		29	46	43
Potassium, K.....mg	131		0		1		37	59	55
Sodium, Na.....mg	592		0		1		168	266	249
Zinc, Zn.....mg	0.68		0		1		0.19	0.31	0.29
Copper, Cu.....mg	0.138		0		1		0.039	0.062	0.058
Manganese, Mn.....mg	0.421		0		1		0.119	0.189	0.177
Selenium, Se.....µg	31.0		0	RK	4		8.8	14.0	13.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.415		0		1		0.118	0.187	0.174
Riboflavin.....mg	0.337		0		1		0.096	0.152	0.142
Niacin.....mg	3.926		0		1		1.113	1.767	1.649
Pantothenic acid.....mg	0.278		0		1		0.079	0.125	0.117
Vitamin B-6.....mg	0.063		0		1		0.018	0.028	0.026
Folate, total.....µg	104		0	RK	4		29	47	43
Folic acid.....µg	78		0		4		22	35	33
Folate, food.....µg	26		0		1		7	12	11
Folate, DFE.....mcg_DFE	159		0	NC	4		45	71	67
Choline, total.....mg	16.1		0	RK	4		4.6	7.2	6.7
Betaine.....mg									
Vitamin B-12.....µg	0.02		0		4		0.01	0.01	0.01
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....µg	0		0	RK	4		0	0	0
Carotene, beta.....µg	0		0	NR	4		0	0	0
Carotene, alpha.....µg	0		0	NR	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	NR	4		0	0	0
Vitamin A, IU.....IU	0		0	NC	4		0	0	0
Lycopene.....µg	0		0	RK	4		0	0	0
Lutein + zeaxanthin.....µg	46		0	RK	4		13	21	19
Vitamin E (alpha-tocopherol).....mg	0.24		0	RK	4		0.07	0.11	0.10
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	3.4		0	RK	4		1.0	1.5	1.4
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Bread, white, commercially prepared, toasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Fatty acids, total saturated.....g	0.578		0	RK	4		0.164	0.260	0.243
4:0.....g	0.001		0	RK	4		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.001		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.005		0	RK	4		0.001	0.002	0.002
15:0.....g									
16:0.....g	0.437		0	RK	4		0.124	0.197	0.184
17:0.....g									
18:0.....g	0.119		0	RK	4		0.034	0.054	0.050
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.796		0	RK	4		0.226	0.358	0.334
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.032		0	RK	4		0.009	0.014	0.013
17:1.....g									
18:1 undifferentiated.....g	0.755		0	RK	4		0.214	0.340	0.317
20:1.....g	0.005		0	RK	4		0.001	0.002	0.002
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.090		0	RK	4		0.593	0.941	0.878
18:2 undifferentiated.....g	1.868		0	RK	4		0.530	0.841	0.785
18:3 undifferentiated.....g	0.220		0	RK	4		0.062	0.099	0.092
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.106		0		1		0.030	0.048	0.045
Threonine.....g	0.267		0		1		0.076	0.120	0.112
Isoleucine.....g	0.354		0		1		0.100	0.159	0.149
Leucine.....g	0.637		0		1		0.181	0.287	0.268
Lysine.....g	0.245		0		1		0.069	0.110	0.103
Methionine.....g	0.158		0		1		0.045	0.071	0.066
Cystine.....g	0.191		0		1		0.054	0.086	0.080
Phenylalanine.....g	0.444		0		1		0.126	0.200	0.186
Tyrosine.....g	0.261		0		1		0.074	0.117	0.110
Valine.....g	0.397		0		1		0.113	0.179	0.167
Arginine.....g	0.346		0		1		0.098	0.156	0.145
Histidine.....g	0.196		0		1		0.056	0.088	0.082
Alanine.....g	0.308		0		1		0.087	0.139	0.129
Aspartic acid.....g	0.449		0		1		0.127	0.202	0.189
Glutamic acid.....g	2.920		0		1		0.828	1.314	1.226
Glycine.....g	0.323		0		1		0.092	0.145	0.136
Proline.....g	0.970		0		1		0.275	0.437	0.407
Serine.....g	0.440		0		1		0.125	0.198	0.185
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	RK	4		0	0	0
Theobromine.....mg	0		0	RK	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18070

Bread, white, commercially prepared, toasted

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code						

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 28.35g: 1 oz
- Measure 2 = 45g: 1 cup, crumbs
- Measure 3 = 42g: 1 cup, cubes

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18432

Bread, white, commercially prepared, toasted, low sodium no salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	30.40		0		4		8.62	6.99	
Energy.....kcal	293		0		4		83	67	
Energy.....kJ	1226				4		348	282	
Protein (N x 5.7).....g	9.00		0		4		2.55	2.07	
Total lipid (fat).....g	4.00		0		4		1.13	0.92	
Ash.....g	2.10		0		4		0.60	0.48	
Carbohydrate, by difference.....g	54.40		0		4		15.42	12.51	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	119		0		4		34	27	
Iron, Fe.....mg	3.33		0		4		0.94	0.77	
Magnesium, Mg.....mg	26		0		4		7	6	
Phosphorus, P.....mg	103		0		4		29	24	
Potassium, K.....mg	131		0		4		37	30	
Sodium, Na.....mg	30		0		4		9	7	
Zinc, Zn.....mg	0.68		0		4		0.19	0.16	
Copper, Cu.....mg	0.138		0		4		0.039	0.032	
Manganese, Mn.....mg	0.421		0		4		0.119	0.097	
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.415		0		4		0.118	0.095	
Riboflavin.....mg	0.337		0		4		0.096	0.078	
Niacin.....mg	3.926		0		4		1.113	0.903	
Pantothenic acid.....mg	0.278		0		4		0.079	0.064	
Vitamin B-6.....mg	0.063		0		4		0.018	0.014	
Folate, total.....µg	95		0	BFZN	4		27	22	
Folic acid.....µg	69		0	NC	4		20	16	
Folate, food.....µg	26		0		4		7	6	
Folate, DFE.....mcg_DFE	143		0	NC	4		41	33	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.02		0		4		0.01	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.892		0		4		0.253	0.205	
4:0.....g	0.000		0		4		0.000	0.000	

NDB No. 18432

Bread, white, commercially prepared, toasted, low sodium no salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.001		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.016		0		4		0.005	0.004	
15:0.....g									
16:0.....g	0.516		0		4		0.146	0.119	
17:0.....g									
18:0.....g	0.359		0		4		0.102	0.083	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.771		0		4		0.502	0.407	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.014		0		4		0.004	0.003	
17:1.....g									
18:1 undifferentiated.....g	1.757		0		4		0.498	0.404	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.818		0		4		0.232	0.188	
18:2 undifferentiated.....g	0.779		0		4		0.221	0.179	
18:3 undifferentiated.....g	0.039		0		4		0.011	0.009	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.106		0		4		0.030	0.024	
Threonine.....g	0.267		0		4		0.076	0.061	
Isoleucine.....g	0.354		0		4		0.100	0.081	
Leucine.....g	0.637		0		4		0.181	0.147	
Lysine.....g	0.245		0		4		0.069	0.056	
Methionine.....g	0.158		0		4		0.045	0.036	
Cystine.....g	0.191		0		4		0.054	0.044	
Phenylalanine.....g	0.444		0		4		0.126	0.102	
Tyrosine.....g	0.261		0		4		0.074	0.060	
Valine.....g	0.397		0		4		0.113	0.091	
Arginine.....g	0.346		0		4		0.098	0.080	
Histidine.....g	0.196		0		4		0.056	0.045	
Alanine.....g	0.308		0		4		0.087	0.071	
Aspartic acid.....g	0.449		0		4		0.127	0.103	
Glutamic acid.....g	2.920		0		4		0.828	0.672	
Glycine.....g	0.323		0		4		0.092	0.074	
Proline.....g	0.970		0		4		0.275	0.223	
Serine.....g	0.440		0		4		0.125	0.101	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18432

Bread, white, commercially prepared, toasted, low sodium no salt

Measure 2 = 23g: 1 slice

Calories Factors: Protein 3.9

Fat 8.7

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18073

Bread, white, prepared from recipe, made with low fat (2%) milk

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	35.30		0		1		10.01	14.83	11.65
Energy.....kcal	285		0	NC	4		81	120	94
Energy.....kJ	1192				4		338	501	394
Protein (N x 0).....g	7.90		0		1		2.24	3.32	2.61
Total lipid (fat).....g	5.70		0		1		1.62	2.39	1.88
Ash.....g	1.50		0		1		0.43	0.63	0.50
Carbohydrate, by difference.....g	49.60		0	NC	4		14.06	20.83	16.37
Fiber, total dietary.....g	2.0		0		4		0.6	0.8	0.7
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	57		0		1		16	24	19
Iron, Fe.....mg	2.97		0		1		0.84	1.25	0.98
Magnesium, Mg.....mg	19		0		1		5	8	6
Phosphorus, P.....mg	115		0		1		33	48	38
Potassium, K.....mg	146		0		1		41	61	48
Sodium, Na.....mg	359		0		1		102	151	118
Zinc, Zn.....mg	0.64		0		1		0.18	0.27	0.21
Copper, Cu.....mg	0.115		0		1		0.033	0.048	0.038
Manganese, Mn.....mg	0.416		0		1		0.118	0.175	0.137
Selenium, Se.....µg	21.3		0	RK	4		6.0	8.9	7.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		0		1		0.1	0.1	0.1
Thiamin.....mg	0.405		0		1		0.115	0.170	0.134
Riboflavin.....mg	0.383		0		1		0.109	0.161	0.126
Niacin.....mg	3.588		0		1		1.017	1.507	1.184
Pantothenic acid.....mg	0.374		0		1		0.106	0.157	0.123
Vitamin B-6.....mg	0.051		0		1		0.014	0.021	0.017
Folate, total.....µg	91		0	RK	4		26	38	30
Folic acid.....µg	49		0	NC	4		14	21	16
Folate, food.....µg	42		0		1		12	18	14
Folate, DFE.....mcg_DFE	125		0	NC	4		36	53	41
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.08		0		1		0.02	0.03	0.03
Vitamin A, RAE.....mcg_RAE	22		0	NC	4		6	9	7
Retinol.....µg	21		0	NC	4		6	9	7
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	79		0		1		22	33	26
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.178		0		1		0.334	0.495	0.389
4:0.....g	0.025		0		1		0.007	0.011	0.008

NDB No. 18073

Bread, white, prepared from recipe, made with low fat (2%) milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.015		0		1		0.004	0.006	0.005
8:0.....g	0.008		0		1		0.002	0.003	0.003
10:0.....g	0.019		0		1		0.005	0.008	0.006
12:0.....g	0.022		0		1		0.006	0.009	0.007
13:0.....g									
14:0.....g	0.082		0		1		0.023	0.034	0.027
15:0.....g									
16:0.....g	0.742		0		1		0.210	0.312	0.245
17:0.....g									
18:0.....g	0.264		0		1		0.075	0.111	0.087
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.298		0		1		0.368	0.545	0.428
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.041		0		1		0.012	0.017	0.014
17:1.....g									
18:1 undifferentiated.....g	1.247		0		1		0.354	0.524	0.412
20:1.....g	0.009		0		1		0.003	0.004	0.003
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.781		0		1		0.788	1.168	0.918
18:2 undifferentiated.....g	2.461		0		1		0.698	1.034	0.812
18:3 undifferentiated.....g	0.319		0		1		0.090	0.134	0.105
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	3		0		1		1	1	1
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.098		0		1		0.028	0.041	0.032
Threonine.....g	0.244		0		1		0.069	0.102	0.081
Isoleucine.....g	0.311		0		1		0.088	0.131	0.103
Leucine.....g	0.576		0		1		0.163	0.242	0.190
Lysine.....g	0.268		0		1		0.076	0.113	0.088
Methionine.....g	0.148		0		1		0.042	0.062	0.049
Cystine.....g	0.147		0		1		0.042	0.062	0.049
Phenylalanine.....g	0.389		0		1		0.110	0.163	0.128
Tyrosine.....g	0.262		0		1		0.074	0.110	0.086
Valine.....g	0.355		0		1		0.101	0.149	0.117
Arginine.....g	0.316		0		1		0.090	0.133	0.104
Histidine.....g	0.181		0		1		0.051	0.076	0.060
Alanine.....g	0.267		0		1		0.076	0.112	0.088
Aspartic acid.....g	0.395		0		1		0.112	0.166	0.130
Glutamic acid.....g	2.387		0		1		0.677	1.003	0.788
Glycine.....g	0.267		0		1		0.076	0.112	0.088
Proline.....g	0.849		0		1		0.241	0.357	0.280
Serine.....g	0.394		0		1		0.112	0.165	0.130
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18073

Bread, white, prepared from recipe, made with low fat (2%) milk

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 42g: 1 slice

Measure 3 = 33g: 1 slice, thin (3-3/4" x 5" x 3/8")

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18071

Bread, white, prepared from recipe, made with nonfat dry milk

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	34.80		0		1		9.87	15.31	
Energy.....kcal	274		0	NC	4		78	121	
Energy.....kJ	1146				4		325	504	
Protein (N x 0).....g	7.70		0		1		2.18	3.39	
Total lipid (fat).....g	2.60		0		1		0.74	1.14	
Ash.....g	1.40		0		1		0.40	0.62	
Carbohydrate, by difference.....g	53.60		0	NC	4		15.20	23.58	
Fiber, total dietary.....g	2.0		0	RC	4		0.6	0.9	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	32		0		1		9	14	
Iron, Fe.....mg	3.18		0		1		0.90	1.40	
Magnesium, Mg.....mg	17		0		1		5	7	
Phosphorus, P.....mg	96		0		1		27	42	
Potassium, K.....mg	111		0		1		31	49	
Sodium, Na.....mg	336		0		1		95	148	
Zinc, Zn.....mg	0.59		0		1		0.17	0.26	
Copper, Cu.....mg	0.112		0		1		0.032	0.049	
Manganese, Mn.....mg	0.460		0		1		0.130	0.202	
Selenium, Se.....µg	23.1		0	RK	4		6.5	10.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.431		0		1		0.122	0.190	
Riboflavin.....mg	0.352		0		1		0.100	0.155	
Niacin.....mg	3.731		0		1		1.058	1.642	
Pantothenic acid.....mg	0.284		0		1		0.081	0.125	
Vitamin B-6.....mg	0.037		0		1		0.010	0.016	
Folate, total.....µg	85		0	RK	4		24	37	
Folic acid.....µg	58		0	NC	4		16	26	
Folate, food.....µg	27		0		1		8	12	
Folate, DFE.....mcg_DFE	126		0	NC	4		36	55	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.02		0		1		0.01	0.01	
Vitamin A, RAE.....mcg_RAE	12		0	NC	4		3	5	
Retinol.....µg	12		0	NC	4		3	5	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	41		0		1		12	18	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.391		0		1		0.111	0.172	
4:0.....g	0.000		0		1		0.000	0.000	

NDB No. 18071

Bread, white, prepared from recipe, made with nonfat dry milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.003		0		1		0.001	0.001	
15:0.....g									
16:0.....g	0.305		0		1		0.086	0.134	
17:0.....g									
18:0.....g	0.081		0		1		0.023	0.036	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.527		0		1		0.149	0.232	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.011		0		1		0.003	0.005	
17:1.....g									
18:1 undifferentiated.....g	0.511		0		1		0.145	0.225	
20:1.....g	0.004		0		1		0.001	0.002	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.401		0		1		0.397	0.616	
18:2 undifferentiated.....g	1.254		0		1		0.356	0.552	
18:3 undifferentiated.....g	0.147		0		1		0.042	0.065	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.095		0		1		0.027	0.042	
Threonine.....g	0.223		0		1		0.063	0.098	
Isoleucine.....g	0.283		0		1		0.080	0.125	
Leucine.....g	0.544		0		1		0.154	0.239	
Lysine.....g	0.214		0		1		0.061	0.094	
Methionine.....g	0.140		0		1		0.040	0.062	
Cystine.....g	0.154		0		1		0.044	0.068	
Phenylalanine.....g	0.383		0		1		0.109	0.169	
Tyrosine.....g	0.243		0		1		0.069	0.107	
Valine.....g	0.327		0		1		0.093	0.144	
Arginine.....g	0.309		0		1		0.088	0.136	
Histidine.....g	0.174		0		1		0.049	0.077	
Alanine.....g	0.253		0		1		0.072	0.111	
Aspartic acid.....g	0.353		0		1		0.100	0.155	
Glutamic acid.....g	2.459		0		1		0.697	1.082	
Glycine.....g	0.269		0		1		0.076	0.118	
Proline.....g	0.859		0		1		0.244	0.378	
Serine.....g	0.384		0		1		0.109	0.169	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18071

Bread, white, prepared from recipe, made with nonfat dry milk

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 44g: 1 slice

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18075

Bread, whole-wheat, commercially prepared

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	38.58	0.261	6	A	1		10.94	10.80	
Energy.....kcal	247		0	NC	4		70	69	
Energy.....kJ	1034		0	NC	4		293	290	
Protein.....g	12.95	0.096	6	A	1		3.67	3.63	
Total lipid (fat).....g	3.35	0.040	6	A	1		0.95	0.94	
Ash.....g	3.82	0.134	5	A	1		1.08	1.07	
Carbohydrate, by difference.....g	41.29		0	NC	4		11.71	11.56	
Fiber, total dietary.....g	6.8	0.832	6	A	1		1.9	1.9	
Sugars, total.....g	5.57	0.521	3	A	1		1.58	1.56	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	107	3.525	6	A	1		30	30	
Iron, Fe.....mg	2.43	0.165	5	A	1		0.69	0.68	
Magnesium, Mg.....mg	82	0.484	6	A	1		23	23	
Phosphorus, P.....mg	202	10.249	5	A	1		57	57	
Potassium, K.....mg	248	8.530	6	A	1		70	69	
Sodium, Na.....mg	472	12.427	6	A	1		134	132	
Zinc, Zn.....mg	1.80	0.046	6	A	1		0.51	0.50	
Copper, Cu.....mg	0.377	0.041	6	A	1		0.107	0.105	
Manganese, Mn.....mg	2.135	0.028	6	A	1		0.605	0.598	
Selenium, Se.....µg	40.3	0.603	3	A	1		11.4	11.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.353	0.032	6	A	1		0.100	0.099	
Riboflavin.....mg	0.216	0.009	6	A	1		0.061	0.060	
Niacin.....mg	4.714	0.268	6	A	1		1.337	1.320	
Pantothenic acid.....mg	0.686	0.093	3	A	1		0.194	0.192	
Vitamin B-6.....mg	0.209	0.004	3	A	1		0.059	0.059	
Folate, total.....µg	50	1.621	14		1		14	14	
Folic acid.....µg	0		0	FLA	4		0	0	
Folate, food.....µg	50	1.621	14		1		14	14	
Folate, DFE.....mcg_DFE	50		0	NC	4		14	14	
Choline, total.....mg	26.5		0	AS	1		7.5	7.4	
Betaine.....mg	226.7		2	A	1		64.3	63.5	
Vitamin B-12.....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	FLA	4		0	0	
Carotene, beta.....µg	2		0	FLA	4		1	1	
Carotene, alpha.....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	3		0	NC	4		1	1	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	87		0	FLA	4		25	24	
Vitamin E (alpha-tocopherol).....mg	0.55		0	FLA	4		0.16	0.15	
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	FLA	4		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	FLA	4		0	0	
Vitamin K (phylloquinone).....µg	7.8		2	A	1		2.2	2.2	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Bread, whole-wheat, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Fatty acids, total saturated.....g	0.747		0	FLA	4		0.212	0.209	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.011		0	FLA	4		0.003	0.003	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.002		0	FLA	4		0.001	0.001	
15:0.....g									
16:0.....g	0.541		0	FLA	4		0.153	0.152	
17:0.....g									
18:0.....g	0.157		0	FLA	4		0.044	0.044	
20:0.....g	0.012		0	FLA	4		0.003	0.003	
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.597		0	FLA	4		0.453	0.447	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.015		0	FLA	4		0.004	0.004	
17:1.....g									
18:1 undifferentiated.....g	1.569		0	FLA	4		0.445	0.439	
20:1.....g	0.013		0	FLA	4		0.004	0.004	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.600		0	FLA	4		0.170	0.168	
18:2 undifferentiated.....g	0.538		0	FLA	4		0.153	0.151	
18:3 undifferentiated.....g	0.061		0	FLA	4		0.017	0.017	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g	0.000		0	FLA	4		0.000	0.000	
20:3 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.093		0	FLA	4		0.026	0.026	
Threonine.....g	0.173		0	FLA	4		0.049	0.048	
Isoleucine.....g	0.223		0	FLA	4		0.063	0.062	
Leucine.....g	0.406		0	FLA	4		0.115	0.114	
Lysine.....g	0.166		0	FLA	4		0.047	0.046	
Methionine.....g	0.093		0	FLA	4		0.026	0.026	
Cystine.....g	0.139		0	FLA	4		0.039	0.039	
Phenylalanine.....g	0.283		0	FLA	4		0.080	0.079	
Tyrosine.....g	0.175		0	FLA	4		0.050	0.049	
Valine.....g	0.271		0	FLA	4		0.077	0.076	
Arginine.....g									
Histidine.....g	0.139		0	FLA	4		0.039	0.039	
Alanine.....g	0.213		0	FLA	4		0.061	0.060	
Aspartic acid.....g	0.309		0	FLA	4		0.088	0.086	
Glutamic acid.....g	1.894		0	FLA	4		0.537	0.530	
Glycine.....g	0.242		0	FLA	4		0.069	0.068	
Proline.....g	0.626		0	FLA	4		0.177	0.175	
Serine.....g	0.283		0	FLA	4		0.080	0.079	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18075

Bread, whole-wheat, commercially prepared

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 28g: 1 slice

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18076

Bread, whole-wheat, commercially prepared, toasted

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	24.25		2	A	1		6.88	6.06	
Energy.....kcal	306		0	NC	4		87	77	
Energy.....kJ	1282		0	NC	4		363	320	
Protein.....g	16.27		2	A	1		4.61	4.07	
Total lipid (fat).....g	4.07		2	A	1		1.15	1.02	
Ash.....g	4.25		2	A	1		1.20	1.06	
Carbohydrate, by difference.....g	51.16		0	NC	4		14.51	12.79	
Fiber, total dietary.....g	9.2		2	A	1		2.6	2.3	
Sugars, total.....g	5.77		2	A	1		1.64	1.44	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	130		2	A	1		37	33	
Iron, Fe.....mg	2.96		2	A	1		0.84	0.74	
Magnesium, Mg.....mg	99		2	A	1		28	25	
Phosphorus, P.....mg	303		2	A	1		86	76	
Potassium, K.....mg	326		2	A	1		92	81	
Sodium, Na.....mg	583		2	A	1		165	146	
Zinc, Zn.....mg	2.15		2	A	1		0.61	0.54	
Copper, Cu.....mg	0.670		2	A	1		0.190	0.167	
Manganese, Mn.....mg	2.545		2	A	1		0.722	0.636	
Selenium, Se.....µg	52.6		2	A	1		14.9	13.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	RA	4		0.0	0.0	
Thiamin.....mg	0.376		2	A	1		0.107	0.094	
Riboflavin.....mg	0.284		2	A	1		0.081	0.071	
Niacin.....mg	5.732		2	A	1		1.625	1.433	
Pantothenic acid.....mg	0.722		2	A	1		0.205	0.181	
Vitamin B-6.....mg	0.237		2	A	1		0.067	0.059	
Folate, total.....µg	52		0	RA	4		15	13	
Folic acid.....µg	0		0	RA	4		0	0	
Folate, food.....µg	52		0	RA	4		15	13	
Folate, DFE.....mcg_DFE	52		0	NC	4		15	13	
Choline, total.....mg	32.8		0	RA	4		9.3	8.2	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	RA	4		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	RA	4		0	0	
Retinol.....µg	0		0	RA	4		0	0	
Carotene, beta.....µg	2		0	RA	4		1	1	
Carotene, alpha.....µg	0		0	RA	4		0	0	
Cryptoxanthin, beta.....µg	0		0	RA	4		0	0	
Vitamin A, IU.....IU	4		0	RA	4		1	1	
Lycopene.....µg	0		0	RA	4		0	0	
Lutein + zeaxanthin.....µg	89		0	RA	4		25	22	
Vitamin E (alpha-tocopherol).....mg	0.63		0	RA	4		0.18	0.16	
Vitamin E, added.....mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	9.0		1	A	1		2.6	2.3	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.922		0	RA	4		0.261	0.231	
4:0.....g	0.000		0	RA	4		0.000	0.000	
6:0.....g	0.000		0	RA	4		0.000	0.000	
8:0.....g	0.009		0	RA	4		0.002	0.002	
10:0.....g	0.000		0	RA	4		0.000	0.000	
12:0.....g	0.000		0	RA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.005		0	RA	4		0.001	0.001	
15:0.....g	0.001		0	RA	4		0.000	0.000	
16:0.....g	0.496		0	RA	4		0.141	0.124	
17:0.....g	0.004		0	RA	4		0.001	0.001	
18:0.....g	0.386		0	RA	4		0.110	0.097	
20:0.....g	0.011		0	RA	4		0.003	0.003	
22:0.....g	0.011		0	RA	4		0.003	0.003	
24:0.....g									
Fatty acids, total monounsaturated.....g	1.972		0	RA	4		0.559	0.493	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.011		0	RA	4		0.003	0.003	
17:1.....g									
18:1 undifferentiated.....g	1.960		0	RA	4		0.556	0.490	
20:1.....g	0.001		0	RA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.740		0	RA	4		0.210	0.185	
18:2 undifferentiated.....g	0.709		0	RA	4		0.201	0.177	
18:3 undifferentiated.....g	0.031		0	RA	4		0.009	0.008	
18:4.....g	0.000		0	RA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0	RA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	RA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	RA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RA	4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.101		0	RA	4		0.029	0.025	
Threonine.....g	0.189		0	RA	4		0.054	0.047	
Isoleucine.....g	0.243		0	RA	4		0.069	0.061	
Leucine.....g	0.442		0	RA	4		0.125	0.111	
Lysine.....g	0.183		0	RA	4		0.052	0.046	
Methionine.....g	0.101		0	RA	4		0.029	0.025	
Cystine.....g	0.151		0	RA	4		0.043	0.038	
Phenylalanine.....g	0.308		0	RA	4		0.087	0.077	
Tyrosine.....g	0.191		0	RA	4		0.054	0.048	
Valine.....g	0.296		0	RA	4		0.084	0.074	
Arginine.....g	0.308		0	RA	4		0.087	0.077	
Histidine.....g	0.152		0	RA	4		0.043	0.038	
Alanine.....g	0.234		0	RA	4		0.066	0.059	
Aspartic acid.....g	0.339		0	RA	4		0.096	0.085	
Glutamic acid.....g	2.055		0	RA	4		0.583	0.514	
Glycine.....g	0.265		0	RA	4		0.075	0.066	
Proline.....g	0.677		0	RA	4		0.192	0.169	
Serine.....g	0.309		0	RA	4		0.087	0.077	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18076

Bread, whole-wheat, commercially prepared, toasted

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 25g: 1 slice

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18077

Bread, whole-wheat, prepared from recipe

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	32.70		0		1		9.27	15.04	10.79
Energy.....kcal	278		0	NC	4		79	128	92
Energy.....kJ	1163		0		4		330	535	384
Protein (N x 0).....g	8.40		0		1		2.38	3.86	2.77
Total lipid (fat).....g	5.40		0		1		1.53	2.48	1.78
Ash.....g	2.00		0		1		0.57	0.92	0.66
Carbohydrate, by difference.....g	51.40		0	NC	4		14.57	23.64	16.96
Fiber, total dietary.....g	6.0		0		4		1.7	2.8	2.0
Sugars, total.....g	3.84		0	RA	4		1.09	1.76	1.27
Starch.....g									
Minerals:									
Calcium, Ca.....mg	33		0		1		9	15	11
Iron, Fe.....mg	3.10		0		1		0.88	1.43	1.02
Magnesium, Mg.....mg	81		0		1		23	37	27
Phosphorus, P.....mg	187		0		1		53	86	62
Potassium, K.....mg	314		0		1		89	144	104
Sodium, Na.....mg	346		0		1		98	159	114
Zinc, Zn.....mg	1.50		0		1		0.43	0.69	0.50
Copper, Cu.....mg	0.253		0		1		0.072	0.116	0.083
Manganese, Mn.....mg	1.881		0		1		0.533	0.865	0.621
Selenium, Se.....µg	38.6		0	RK	4		10.9	17.8	12.7
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.303		0		1		0.086	0.139	0.100
Riboflavin.....mg	0.227		0		1		0.064	0.104	0.075
Niacin.....mg	3.985		0		1		1.130	1.833	1.315
Pantothenic acid.....mg	0.473		0		1		0.134	0.218	0.156
Vitamin B-6.....mg	0.199		0		1		0.056	0.092	0.066
Folate, total.....µg	65		0	RA	4		18	30	21
Folic acid.....µg	18		0		4		5	8	6
Folate, food.....µg	47		0		1		13	22	16
Folate, DFE.....mcg_DFE	78		0	NC	4		22	36	26
Choline, total.....mg	26.5		0	BFZN	4		7.5	12.2	8.8
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....µg	0		0	RA	4		0	0	0
Carotene, beta.....µg	2		0	RA	4		1	1	1
Carotene, alpha.....µg	0		0	RA	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	RA	4		0	0	0
Vitamin A, IU.....IU	3		0	NC	4		1	2	1
Lycopene.....µg	0		0	RA	4		0	0	0
Lutein + zeaxanthin.....µg	89		0	RA	4		25	41	29
Vitamin E (alpha-tocopherol).....mg	0.76		0	RA	4		0.22	0.35	0.25
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	9.4		0	RA	4		2.7	4.3	3.1
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Bread, whole-wheat, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
			of Data Points						Deriv Code
Fatty acids, total saturated.....g	0.796		0		1		0.226	0.366	0.263
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.008		0		1		0.002	0.004	0.003
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.001		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.006		0		1		0.002	0.003	0.002
15:0.....g									
16:0.....g	0.600		0		1		0.170	0.276	0.198
17:0.....g									
18:0.....g	0.175		0		1		0.050	0.081	0.058
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.158		0		1		0.328	0.533	0.382
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.029		0		1		0.008	0.013	0.010
17:1.....g									
18:1 undifferentiated.....g	1.120		0		1		0.318	0.515	0.370
20:1.....g	0.009		0		1		0.003	0.004	0.003
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.939		0		1		0.833	1.352	0.970
18:2 undifferentiated.....g	2.621		0		1		0.743	1.206	0.865
18:3 undifferentiated.....g	0.317		0		1		0.090	0.146	0.105
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.122		0		1		0.035	0.056	0.040
Threonine.....g	0.248		0		1		0.070	0.114	0.082
Isoleucine.....g	0.314		0		1		0.089	0.144	0.104
Leucine.....g	0.574		0		1		0.163	0.264	0.189
Lysine.....g	0.244		0		1		0.069	0.112	0.081
Methionine.....g	0.136		0		1		0.039	0.063	0.045
Cystine.....g	0.186		0		1		0.053	0.086	0.061
Phenylalanine.....g	0.403		0		1		0.114	0.185	0.133
Tyrosine.....g	0.252		0		1		0.071	0.116	0.083
Valine.....g	0.375		0		1		0.106	0.173	0.124
Arginine.....g	0.383		0		1		0.109	0.176	0.126
Histidine.....g	0.194		0		1		0.055	0.089	0.064
Alanine.....g	0.304		0		1		0.086	0.140	0.100
Aspartic acid.....g	0.433		0		1		0.123	0.199	0.143
Glutamic acid.....g	2.618		0		1		0.742	1.204	0.864
Glycine.....g	0.333		0		1		0.094	0.153	0.110
Proline.....g	0.869		0		1		0.246	0.400	0.287
Serine.....g	0.402		0		1		0.114	0.185	0.133
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	RA	4		0	0	0
Theobromine.....mg	0		0	RA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18077

Bread, whole-wheat, prepared from recipe

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 46g: 1 slice, regular (4" x 5" x 3/4")

Measure 3 = 33g: 1 slice, thin (3-3/4" x 5" x 3/8")

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18078

Bread, whole-wheat, prepared from recipe, toasted

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	26.00		0		1		7.37	10.92	7.80
Energy.....kcal	305		0	NC	4		86	128	92
Energy.....kJ	1276		0		4		362	536	383
Protein (N x 0).....g	9.20		0		1		2.61	3.86	2.76
Total lipid (fat).....g	5.90		0		1		1.67	2.48	1.77
Ash.....g	2.20		0		1		0.62	0.92	0.66
Carbohydrate, by difference.....g	56.40		0	NC	4		15.99	23.69	16.92
Fiber, total dietary.....g	6.7		0		4		1.9	2.8	2.0
Sugars, total.....g	4.22		0	RA	4		1.20	1.77	1.26
Starch.....g									
Minerals:									
Calcium, Ca.....mg	36		0		1		10	15	11
Iron, Fe.....mg	3.40		0		1		0.96	1.43	1.02
Magnesium, Mg.....mg	89		0		1		25	37	27
Phosphorus, P.....mg	205		0		1		58	86	62
Potassium, K.....mg	345		0		1		98	145	104
Sodium, Na.....mg	381		0		1		108	160	114
Zinc, Zn.....mg	1.65		0		1		0.47	0.69	0.50
Copper, Cu.....mg	0.278		0		1		0.079	0.117	0.083
Manganese, Mn.....mg	2.067		0		1		0.586	0.868	0.620
Selenium, Se.....µg	42.5		0	RK	4		12.0	17.9	12.8
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.266		0		1		0.075	0.112	0.080
Riboflavin.....mg	0.225		0		1		0.064	0.095	0.068
Niacin.....mg	3.941		0		1		1.117	1.655	1.182
Pantothenic acid.....mg	0.338		0		1		0.096	0.142	0.101
Vitamin B-6.....mg	0.197		0		1		0.056	0.083	0.059
Folate, total.....µg	67		0	RA	4		19	28	20
Folic acid.....µg	31		0		4		9	13	9
Folate, food.....µg	36		0		1		10	15	11
Folate, DFE.....mcg_DFE	89		0	NC	4		25	37	27
Choline, total.....mg	29.2		0	RK	4		8.3	12.2	8.7
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....µg	0		0	RA	4		0	0	0
Carotene, beta.....µg	2		0	RA	4		1	1	1
Carotene, alpha.....µg	0		0	RA	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	RA	4		0	0	0
Vitamin A, IU.....IU	4		0	NC	4		1	2	1
Lycopene.....µg	0		0	RA	4		0	0	0
Lutein + zeaxanthin.....µg	97		0	RA	4		28	41	29
Vitamin E (alpha-tocopherol).....mg	0.84		0	RA	4		0.24	0.35	0.25
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	10.4		0	RA	4		2.9	4.4	3.1
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.874		0		1		0.248	0.367	0.262
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.009		0		1		0.003	0.004	0.003
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.001		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.006		0		1		0.002	0.003	0.002
15:0.....g									
16:0.....g	0.660		0		1		0.187	0.277	0.198
17:0.....g									
18:0.....g	0.192		0		1		0.054	0.081	0.058
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.272		0		1		0.361	0.534	0.382
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.032		0		1		0.009	0.013	0.010
17:1.....g									
18:1 undifferentiated.....g	1.230		0		1		0.349	0.517	0.369
20:1.....g	0.010		0		1		0.003	0.004	0.003
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.230		0		1		0.916	1.357	0.969
18:2 undifferentiated.....g	2.880		0		1		0.816	1.210	0.864
18:3 undifferentiated.....g	0.349		0		1		0.099	0.147	0.105
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.134		0		1		0.038	0.056	0.040
Threonine.....g	0.273		0		1		0.077	0.115	0.082
Isoleucine.....g	0.345		0		1		0.098	0.145	0.104
Leucine.....g	0.631		0		1		0.179	0.265	0.189
Lysine.....g	0.268		0		1		0.076	0.113	0.080
Methionine.....g	0.149		0		1		0.042	0.063	0.045
Cystine.....g	0.204		0		1		0.058	0.086	0.061
Phenylalanine.....g	0.442		0		1		0.125	0.186	0.133
Tyrosine.....g	0.277		0		1		0.079	0.116	0.083
Valine.....g	0.412		0		1		0.117	0.173	0.124
Arginine.....g	0.421		0		1		0.119	0.177	0.126
Histidine.....g	0.213		0		1		0.060	0.089	0.064
Alanine.....g	0.334		0		1		0.095	0.140	0.100
Aspartic acid.....g	0.476		0		1		0.135	0.200	0.143
Glutamic acid.....g	2.877		0		1		0.816	1.208	0.863
Glycine.....g	0.365		0		1		0.103	0.153	0.110
Proline.....g	0.955		0		1		0.271	0.401	0.287
Serine.....g	0.442		0		1		0.125	0.186	0.133
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0		4		0	0	0
Theobromine.....mg	0		0		4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18078

Bread, whole-wheat, prepared from recipe, toasted

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 42g: 1 slice

Measure 3 = 30g: 1 slice, thin (3-3/4" x 5" x 3/8")

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18459
Breakfast tart, low fat

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	12.04		0	FLC	4		6.26		
Energy.....kcal	372		0	FLC	4		193		
Energy.....kJ	1556		0		4		809		
Protein.....g	3.99		0	FLC	4		2.07		
Total lipid (fat).....g	5.99		0	FLC	4		3.11		
Ash.....g	1.18		0		4		0.61		
Carbohydrate, by difference.....g	76.80		0	FLC	4		39.94		
Fiber, total dietary.....g	1.5		0	FLC	4		0.8		
Sugars, total.....g	4.87		0	FLM	4		2.53		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	44		0	FLC	4		23		
Iron, Fe.....mg	3.42		1	LC	8		1.78		
Magnesium, Mg.....mg	44		0	FLC	4		23		
Phosphorus, P.....mg	93		0	FLC	4		48		
Potassium, K.....mg	66		0	FLC	4		34		
Sodium, Na.....mg	301		0	LC	8		157		
Zinc, Zn.....mg	0.28		0	FLC	4		0.15		
Copper, Cu.....mg	0.073		0	FLC	4		0.038		
Manganese, Mn.....mg									
Selenium, Se.....µg	12.9		0	FLC	4		6.7		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	3.8		0	FLC	4		2.0		
Thiamin.....mg	0.285		1	LC	8		0.148		
Riboflavin.....mg	0.549		1	LC	8		0.285		
Niacin.....mg	3.800		1	LC	8		1.976		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.380		1	LC	8		0.198		
Folate, total.....µg	100		1	MC	9		52		
Folic acid.....µg	47		0		4		24		
Folate, food.....µg	53		0	O	4		28		
Folate, DFE.....mcg_DFE	133		0	NC	4		69		
Choline, total.....mg	7.8		0	BFZN	4		4.0		
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	FLC	4		0.00		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	285		0	NC	4		148		
Retinol.....µg	285		0	FLM	4		148		
Carotene, beta.....µg	3		0	FLM	4		1		
Carotene, alpha.....µg	0		0	FLM	4		0		
Cryptoxanthin, beta.....µg	1		0	FLM	4		1		
Vitamin A, IU.....IU	950		1	LC	8		494		
Lycopene.....µg	0		0	FLM	4		0		
Lutein + zeaxanthin.....µg	4		0	FLM	4		2		
Vitamin E (alpha-tocopherol).....mg	0.53		0	FLM	4		0.28		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.4		0	FLM	4		0.2		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 18459
Breakfast tart, low fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Fatty acids, total saturated.....g	1.393		0	FLC	4		0.724		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.000		0	FLC	4		0.000		
12:0.....g	0.005		0	FLC	4		0.003		
13:0.....g									
14:0.....g	0.002		0	FLC	4		0.001		
15:0.....g									
16:0.....g	0.681		0	FLC	4		0.354		
17:0.....g									
18:0.....g	0.676		0	FLC	4		0.352		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.338		0	FLC	4		1.736		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	FLC	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	3.332		0	FLC	4		1.733		
20:1.....g	0.007		0	FLC	4		0.004		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.878		0	FLC	4		0.457		
18:2 undifferentiated.....g	0.856		0	FLC	4		0.445		
18:3 undifferentiated.....g	0.023		0	FLC	4		0.012		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLC	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 52g: 1 tart

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18610

CONTINENTAL MILLS, KRUSTEAZ Almond Poppyseed Muffin Mix, Artificially Flavored, dry

Continental Mills, Inc.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	5.70		1	A	1		2.28		
Energy.....kcal	418		1	NC	4		167		
Energy.....kJ	1747		0	NC	4		699		
Protein (N x 6.25).....g	5.60		1		9		2.24		
Total lipid (fat).....g	10.30		1		9		4.12		
Ash.....g	1.90		0	MC	9		0.76		
Carbohydrate, by difference.....g	75.60		1		9		30.24		
Fiber, total dietary.....g	1.7		1		9		0.7		
Sugars, total.....g	40.00		1		9		16.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	82		1		9		33		
Iron, Fe.....mg	2.47		1		9		0.99		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	590		1		9		236		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Lipids:									
Fatty acids, total saturated.....g	2.100		1		9		0.840		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	2.700		1		9		1.080		
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 40g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.001		0		4		0.000	0.003	
15:0.....g									
16:0.....g	0.110		0		4		0.031	0.374	
17:0.....g									
18:0.....g	0.005		0		4		0.001	0.017	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.071		0		4		0.020	0.241	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		4		0.001	0.007	
17:1.....g									
18:1 undifferentiated.....g	0.068		0		4		0.019	0.231	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.367		0		4		0.103	1.248	
18:2 undifferentiated.....g	0.346		0		4		0.097	1.176	
18:3 undifferentiated.....g	0.021		0		4		0.006	0.071	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.075		0		4		0.021	0.255	
Threonine.....g	0.248		0		4		0.069	0.843	
Isoleucine.....g	0.312		0		4		0.087	1.061	
Leucine.....g	0.481		0		4		0.135	1.635	
Lysine.....g	0.364		0		4		0.102	1.238	
Methionine.....g	0.183		0		4		0.051	0.622	
Cystine.....g	0.149		0		4		0.042	0.507	
Phenylalanine.....g	0.334		0		4		0.094	1.136	
Tyrosine.....g	0.218		0		4		0.061	0.741	
Valine.....g	0.354		0		4		0.099	1.204	
Arginine.....g	0.303		0		4		0.085	1.030	
Histidine.....g	0.131		0		4		0.037	0.445	
Alanine.....g	0.310		0		4		0.087	1.054	
Aspartic acid.....g	0.532		0		4		0.149	1.809	
Glutamic acid.....g	1.025		0		4		0.287	3.485	
Glycine.....g	0.206		0		4		0.058	0.700	
Proline.....g	0.317		0		4		0.089	1.078	
Serine.....g	0.389		0		4		0.109	1.323	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 piece (1/12 of 12 oz cake)

NDB No. 18086

Cake, angelfood, commercially prepared

Measure 2 = 340g: 1 cake (9" dia x 4")

Calories Factors: Protein 4.3

Fat 8.4

Carbohydrate 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18087
Cake, angelfood, dry mix

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.80	0.058	37		1		0.79	11.51	
Energy.....kcal	373		0	NC	4		106	1533	
Energy.....kJ	1561		0		4		442	6414	
Protein (N x 6.2).....g	8.90	0.141	37		1		2.52	36.58	
Total lipid (fat).....g	0.40	0.076	32		1		0.11	1.64	
Ash.....g	2.80	0.148	27		1		0.79	11.51	
Carbohydrate, by difference.....g	85.10		0		4		24.13	349.76	
Fiber, total dietary.....g	0.3		0		4		0.1	1.3	
Sugars, total.....g	44.20		0	FLA	4		12.53	181.68	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	121	6.169	33		1		34	497	
Iron, Fe.....mg	0.32	0.016	5		1		0.09	1.32	
Magnesium, Mg.....mg	11	0.377	13		1		3	45	
Phosphorus, P.....mg	337	39.519	21		1		96	1385	
Potassium, K.....mg	197	8.987	26		1		56	810	
Sodium, Na.....mg	488		0	LC	8		138	2006	
Zinc, Zn.....mg	0.16	0.008	12		1		0.05	0.66	
Copper, Cu.....mg	0.094	0.007	12		1		0.027	0.386	
Manganese, Mn.....mg	0.142		0	FLA	4		0.040	0.584	
Selenium, Se.....µg	12.6		0	FLA	4		3.6	51.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.167	0.019	15		1		0.047	0.686	
Riboflavin.....mg	0.325	0.016	29		1		0.092	1.336	
Niacin.....mg	0.275	0.015	11		1		0.078	1.130	
Pantothenic acid.....mg	0.264		0	FLA	4		0.075	1.085	
Vitamin B-6.....mg	0.009		0	FLA	4		0.003	0.037	
Folate, total.....µg	92		0	FLA	4		26	376	
Folic acid.....µg	81		0		4		23	333	
Folate, food.....µg	11		0		4		3	45	
Folate, DFE.....mcg_DFE	149		0	NC	4		42	611	
Choline, total.....mg	2.0		0	FLC	4		0.6	8.2	
Betaine.....mg									
Vitamin B-12.....µg	0.05		0	FLA	4		0.01	0.21	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	FLA	4		0	0	
Carotene, beta.....µg	0		0	FLA	4		0	0	
Carotene, alpha.....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	0		0	NC	4		0	1	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	1		0	FLA	4		0	5	
Vitamin E (alpha-tocopherol).....mg	0.01		0	FLA	4		0.00	0.03	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.1		0	FLA	4		0.0	0.6	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 18087
Cake, angelfood, dry mix

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Fatty acids, total saturated.....g	0.063		0		4		0.018	0.259	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									
16:0.....g	0.057		0		4		0.016	0.234	
17:0.....g									
18:0.....g	0.003		0		4		0.001	0.012	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.038		0		4		0.011	0.156	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		4		0.000	0.004	
17:1.....g									
18:1 undifferentiated.....g	0.037		0		4		0.010	0.152	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.180		0		4		0.051	0.740	
18:2 undifferentiated.....g	0.170		0		4		0.048	0.699	
18:3 undifferentiated.....g	0.010		0		4		0.003	0.041	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.112		0		4		0.032	0.460	
Threonine.....g	0.376		0		4		0.107	1.545	
Isoleucine.....g	0.470		0		4		0.133	1.932	
Leucine.....g	0.721		0		4		0.204	2.963	
Lysine.....g	0.552		0		4		0.156	2.269	
Methionine.....g	0.279		0		4		0.079	1.147	
Cystine.....g	0.223		0		4		0.063	0.917	
Phenylalanine.....g	0.497		0		4		0.141	2.043	
Tyrosine.....g	0.327		0		4		0.093	1.344	
Valine.....g	0.533		0		4		0.151	2.191	
Arginine.....g	0.457		0		4		0.130	1.878	
Histidine.....g	0.194		0		4		0.055	0.797	
Alanine.....g	0.470		0		4		0.133	1.932	
Aspartic acid.....g	0.813		0		4		0.230	3.341	
Glutamic acid.....g	1.441		0		4		0.409	5.923	
Glycine.....g	0.306		0		4		0.087	1.258	
Proline.....g	0.443		0		4		0.126	1.821	
Serine.....g	0.583		0		4		0.165	2.396	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18087
Cake, angelfood, dry mix

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Deriv	Source	Measure 1	Measure 2	Measure 3
			of Data	Code	Confidence			
		Points	Code	Code				

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 411g: 1 package (14.5 oz)

Calories Factors: Protein 4.3

Fat 8.4

Carbohydrate 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18088

Cake, angelfood, dry mix, prepared

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	32.90		0		4		16.45	196.08	
Energy.....kcal	257		0		4		129	1532	
Energy.....kJ	1075		0		4		538	6409	
Protein (N x 0).....g	6.10		0		4		3.05	36.36	
Total lipid (fat).....g	0.30		0		4		0.15	1.79	
Ash.....g	2.00		0		4		1.00	11.92	
Carbohydrate, by difference.....g	58.70		0		4		29.35	349.85	
Fiber, total dietary.....g	0.2		0		4		0.1	1.3	
Sugars, total.....g	30.51		0	RA	4		15.26	181.85	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	84		0		4		42	501	
Iron, Fe.....mg	0.23		0		4		0.12	1.37	
Magnesium, Mg.....mg	8		0		4		4	48	
Phosphorus, P.....mg	232		0		4		116	1383	
Potassium, K.....mg	135		0		4		68	805	
Sodium, Na.....mg	511		0	NR	4		255	3043	
Zinc, Zn.....mg	0.13		0		4		0.07	0.77	
Copper, Cu.....mg	0.068		0		4		0.034	0.405	
Manganese, Mn.....mg	0.063		0		4		0.032	0.375	
Selenium, Se.....µg	15.3		0	RK	4		7.7	91.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.092		0		4		0.046	0.548	
Riboflavin.....mg	0.202		0		4		0.101	1.204	
Niacin.....mg	0.171		0		4		0.086	1.019	
Pantothenic acid.....mg	0.110		0		4		0.055	0.656	
Vitamin B-6.....mg	0.006		0		4		0.003	0.036	
Folate, total.....µg	19		0	RA	4		9	112	
Folic acid.....µg	14		0		4		7	83	
Folate, food.....µg	5		0		4		3	30	
Folate, DFE.....mcg_DFE	29		0	NC	4		14	172	
Choline, total.....mg	1.3		0	RK	4		0.7	7.8	
Betaine.....mg									
Vitamin B-12.....µg	0.03		0		4		0.02	0.18	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	0		0		4		0	0	
Carotene, alpha.....µg	0		0		4		0	0	
Cryptoxanthin, beta.....µg	0		0		4		0	0	
Vitamin A, IU.....IU	0		0	NC	4		0	0	
Lycopene.....µg	0		0	RA	4		0	0	
Lutein + zeaxanthin.....µg	1		0	RA	4		0	4	
Vitamin E (alpha-tocopherol).....mg	0.01		0	RA	4		0.00	0.03	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.1		0	RA	4		0.0	0.6	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Fatty acids, total saturated.....g	0.043		0				0.022	0.256	
4:0.....g	0.000		0				0.000	0.000	
6:0.....g	0.000		0				0.000	0.000	
8:0.....g	0.000		0				0.000	0.000	
10:0.....g	0.000		0				0.000	0.000	
12:0.....g	0.000		0				0.000	0.000	
13:0.....g									
14:0.....g	0.000		0				0.000	0.000	
15:0.....g									
16:0.....g	0.039		0				0.020	0.232	
17:0.....g									
18:0.....g	0.002		0				0.001	0.012	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.026		0				0.013	0.155	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0				0.001	0.006	
17:1.....g									
18:1 undifferentiated.....g	0.025		0				0.013	0.149	
20:1.....g	0.000		0				0.000	0.000	
22:1 undifferentiated.....g	0.000		0				0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.124		0				0.062	0.739	
18:2 undifferentiated.....g	0.117		0				0.059	0.697	
18:3 undifferentiated.....g	0.007		0				0.004	0.042	
18:4.....g	0.000		0				0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0				0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0				0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0				0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0				0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0				0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.077		0				0.039	0.459	
Threonine.....g	0.259		0				0.130	1.544	
Isoleucine.....g	0.324		0				0.162	1.931	
Leucine.....g	0.497		0				0.249	2.962	
Lysine.....g	0.380		0				0.190	2.265	
Methionine.....g	0.192		0				0.096	1.144	
Cystine.....g	0.154		0				0.077	0.918	
Phenylalanine.....g	0.343		0				0.172	2.044	
Tyrosine.....g	0.226		0				0.113	1.347	
Valine.....g	0.368		0				0.184	2.193	
Arginine.....g	0.315		0				0.158	1.877	
Histidine.....g	0.134		0				0.067	0.799	
Alanine.....g	0.324		0				0.162	1.931	
Aspartic acid.....g	0.561		0				0.281	3.344	
Glutamic acid.....g	0.994		0				0.497	5.924	
Glycine.....g	0.211		0				0.106	1.258	
Proline.....g	0.306		0				0.153	1.824	
Serine.....g	0.402		0				0.201	2.396	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0				0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18088

Cake, angelfood, dry mix, prepared

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number			Source Code	measures of food		
			of Data Points	Deriv Code	Confidence Code		Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 50g: 1 piece (1/12 of 10" dia)

Measure 2 = 596g: 1 tube cake (10" dia, 4-3/8" high)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18090

Cake, boston cream pie, commercially prepared

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	45.40	2.184	3		1		12.87	41.77	
Energy.....kcal	252		0		4		71	232	
Energy.....kJ	1054		0		4		299	970	
Protein (N x 6).....g	2.40	0.278	3		1		0.68	2.21	
Total lipid (fat).....g	8.50	0.513	4		1		2.41	7.82	
Ash.....g	0.70	0.038	5		1		0.20	0.64	
Carbohydrate, by difference.....g	42.90		0	NC	4		12.16	39.47	
Fiber, total dietary.....g	1.4		0		1		0.4	1.3	
Sugars, total.....g	36.11		0	FLA	4		10.24	33.22	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	23	0.953	3		1		7	21	
Iron, Fe.....mg	0.38	0.063	3		1		0.11	0.35	
Magnesium, Mg.....mg	6		2		1		2	6	
Phosphorus, P.....mg	49		2		1		14	45	
Potassium, K.....mg	39	4.650	3		1		11	36	
Sodium, Na.....mg	254		0	LC	8		72	234	
Zinc, Zn.....mg	0.16		2		1		0.05	0.15	
Copper, Cu.....mg	0.042		0	FLA	4		0.012	0.039	
Manganese, Mn.....mg	0.050		2		1		0.014	0.046	
Selenium, Se.....µg	4.1		0	FLA	4		1.2	3.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		0	FLA	4		0.1	0.2	
Thiamin.....mg	0.408	0.051	9		1		0.116	0.375	
Riboflavin.....mg	0.270	0.016	9		1		0.077	0.248	
Niacin.....mg	0.191	0.052	9		1		0.054	0.176	
Pantothenic acid.....mg	0.301	0.012	8		1		0.085	0.277	
Vitamin B-6.....mg	0.026	0.000	8		1		0.007	0.024	
Folate, total.....µg	14		0	FLA	4		4	13	
Folic acid.....µg	6		0		4		2	6	
Folate, food.....µg	8	0.605	8		1		2	7	
Folate, DFE.....mcg_DFE	18		0	NC	4		5	17	
Choline, total.....mg	17.4		0	FLC	4		4.9	16.0	
Betaine.....mg									
Vitamin B-12.....µg	0.16	0.004	8		1		0.05	0.15	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	24		0	NC	4		7	22	
Retinol.....µg	23		0	FLA	4		7	22	
Carotene, beta.....µg	2		0	FLA	4		1	2	
Carotene, alpha.....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....µg	1		0	FLA	4		0	1	
Vitamin A, IU.....IU	82		0	NC	4		23	75	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	27		0	FLA	4		8	25	
Vitamin E (alpha-tocopherol).....mg	0.15		0	FLA	4		0.04	0.14	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.1		0	FLA	4		0.0	0.1	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	5		0	FLA	4		1	4	
Vitamin K (phylloquinone).....µg	3.1		0	FLA	4		0.9	2.8	
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	2.445		0	FLA	4		0.693	2.249	
4:0.....g	0.020		0	FLA	4		0.006	0.018	
6:0.....g	0.012		0	FLA	4		0.003	0.011	
8:0.....g	0.007		0	FLA	4		0.002	0.006	
10:0.....g	0.005		0	FLA	4		0.001	0.005	
12:0.....g	0.013		0	FLA	4		0.004	0.012	
13:0.....g									
14:0.....g	0.093		0	FLA	4		0.026	0.086	
15:0.....g									
16:0.....g	1.265		0	FLA	4		0.359	1.164	
17:0.....g									
18:0.....g	1.006		0	FLA	4		0.285	0.926	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.544		0	FLA	4		1.288	4.180	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.031		0	FLA	4		0.009	0.029	
17:1.....g									
18:1 undifferentiated.....g	4.504		0	FLA	4		1.277	4.144	
20:1.....g	0.002		0	FLA	4		0.001	0.002	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.009		0	FLA	4		0.286	0.928	
18:2 undifferentiated.....g	0.941		0	FLA	4		0.267	0.866	
18:3 undifferentiated.....g	0.055		0	FLA	4		0.016	0.051	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.010		0	FLA	4		0.003	0.009	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.003		0	FLA	4		0.001	0.003	
Fatty acids, total trans.....g									
Cholesterol.....mg	37		1		1		10	34	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.034		0		1		0.010	0.031	
Threonine.....g	0.093		0		1		0.026	0.086	
Isoleucine.....g	0.115		0		1		0.033	0.106	
Leucine.....g	0.190		0		1		0.054	0.175	
Lysine.....g	0.136		0		1		0.039	0.125	
Methionine.....g	0.054		0		1		0.015	0.050	
Cystine.....g	0.046		0		1		0.013	0.042	
Phenylalanine.....g	0.119		0		1		0.034	0.109	
Tyrosine.....g	0.089		0		1		0.025	0.082	
Valine.....g	0.132		0		1		0.037	0.121	
Arginine.....g	0.113		0		1		0.032	0.104	
Histidine.....g	0.054		0		1		0.015	0.050	
Alanine.....g	0.098		0		1		0.028	0.090	
Aspartic acid.....g	0.175		0		1		0.050	0.161	
Glutamic acid.....g	0.546		0		1		0.155	0.502	
Glycine.....g	0.078		0		1		0.022	0.072	
Proline.....g	0.191		0		1		0.054	0.176	
Serine.....g	0.143		0		1		0.041	0.132	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	6		0	FLA	4		2	6	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18090

Cake, boston cream pie, commercially prepared

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 92g: 1 piece (1/6 of pie)

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18092

Cake, carrot, dry mix, pudding-type

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.60		2		1		1.02	18.36	
Energy.....kcal	415		0	NC	4		118	2117	
Energy.....kJ	1736				4		492	8855	
Protein (N x 5.8).....g	5.10		2		1		1.45	26.01	
Total lipid (fat).....g	9.80		2		1		2.78	49.98	
Ash.....g	2.40		2		1		0.68	12.24	
Carbohydrate, by difference.....g	79.20		0	NC	4		22.45	403.92	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	172		2		1		49	877	
Iron, Fe.....mg	1.80		2		1		0.51	9.18	
Magnesium, Mg.....mg	8		1		1		2	41	
Phosphorus, P.....mg	247		2		1		70	1260	
Potassium, K.....mg	169		2		1		48	862	
Sodium, Na.....mg	567		2		1		161	2892	
Zinc, Zn.....mg	0.20		1		1		0.06	1.02	
Copper, Cu.....mg	0.050		1		1		0.014	0.255	
Manganese, Mn.....mg	0.528		0	FLA	4		0.150	2.693	
Selenium, Se.....µg	14.9		0	FLA	4		4.2	76.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.2		0	FLA	4		0.3	6.1	
Thiamin.....mg	0.265		2		1		0.075	1.352	
Riboflavin.....mg	0.170		2		1		0.048	0.867	
Niacin.....mg	2.205		2		1		0.625	11.246	
Pantothenic acid.....mg	0.294		0	FLA	4		0.083	1.499	
Vitamin B-6.....mg	0.079		0	FLA	4		0.022	0.403	
Folate, total.....µg	67		0	FLA	4		19	342	
Folic acid.....µg	53		0	NC	4		15	270	
Folate, food.....µg	14		0		4		4	71	
Folate, DFE.....mcg_DFE	104		0	NC	4		30	531	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.04		0	FLA	4		0.01	0.20	
Vitamin A, RAE.....mcg_RAE	97		0	NC	4		27	492	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	1930		2		1		547	9843	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.472		0	FLA	4		0.417	7.507	
4:0.....g	0.000		0	FLA	4		0.000	0.000	

NDB No. 18092

Cake, carrot, dry mix, pudding-type

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.001		0	FLA	4		0.000	0.005	
13:0.....g									
14:0.....g	0.012		0	FLA	4		0.003	0.061	
15:0.....g									
16:0.....g	0.988		0	FLA	4		0.280	5.039	
17:0.....g									
18:0.....g	0.470		0	FLA	4		0.133	2.397	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.036		0	FLA	4		1.144	20.584	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.039		0	FLA	4		0.011	0.199	
17:1.....g									
18:1 undifferentiated.....g	3.988		0	FLA	4		1.131	20.339	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.702		0	FLA	4		1.050	18.880	
18:2 undifferentiated.....g	3.437		0	FLA	4		0.974	17.529	
18:3 undifferentiated.....g	0.255		0	FLA	4		0.072	1.301	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.061		0		1		0.017	0.311	
Threonine.....g	0.149		0		1		0.042	0.760	
Isoleucine.....g	0.186		0		1		0.053	0.949	
Leucine.....g	0.336		0		1		0.095	1.714	
Lysine.....g	0.142		0		1		0.040	0.724	
Methionine.....g	0.083		0		1		0.024	0.423	
Cystine.....g	0.093		0		1		0.026	0.474	
Phenylalanine.....g	0.238		0		1		0.067	1.214	
Tyrosine.....g	0.150		0		1		0.043	0.765	
Valine.....g	0.212		0		1		0.060	1.081	
Arginine.....g	0.201		0		1		0.057	1.025	
Histidine.....g	0.109		0		1		0.031	0.556	
Alanine.....g	0.180		0		1		0.051	0.918	
Aspartic acid.....g	0.286		0		1		0.081	1.459	
Glutamic acid.....g	1.546		0		1		0.438	7.885	
Glycine.....g	0.170		0		1		0.048	0.867	
Proline.....g	0.513		0		1		0.145	2.616	
Serine.....g	0.240		0		1		0.068	1.224	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18092

Cake, carrot, dry mix, pudding-type

Measure 2 = 510g: 1 package (18 oz)

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18095

Cake, cherry fudge with chocolate frosting

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	46.10		1		1		13.07	32.73	
Energy.....kcal	264		0	NC	4		75	187	
Energy.....kJ	1105		0		4		313	784	
Protein (N x 6.1).....g	2.40		1		1		0.68	1.70	
Total lipid (fat).....g	12.50		1		1		3.54	8.88	
Ash.....g	1.00		1		1		0.28	0.71	
Carbohydrate, by difference.....g	38.00		0		4		10.77	26.98	
Fiber, total dietary.....g	1.2		0		4		0.3	0.9	
Sugars, total.....g	32.94		0	FLC	4		9.34	23.39	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	48		1		1		14	34	
Iron, Fe.....mg	1.10		1		1		0.31	0.78	
Magnesium, Mg.....mg	19		1		1		5	13	
Phosphorus, P.....mg	105		1		1		30	75	
Potassium, K.....mg	166		1		1		47	118	
Sodium, Na.....mg	261		0	LC	8		74	185	
Zinc, Zn.....mg	0.28		0	FLA	4		0.08	0.20	
Copper, Cu.....mg	0.057		0	FLA	4		0.016	0.040	
Manganese, Mn.....mg	0.067		0	FLA	4		0.019	0.048	
Selenium, Se.....µg	3.4		0	FLA	4		1.0	2.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	13.6		1		1		3.9	9.7	
Thiamin.....mg	0.030		1		1		0.009	0.021	
Riboflavin.....mg	0.190		1		1		0.054	0.135	
Niacin.....mg	0.700		1		1		0.198	0.497	
Pantothenic acid.....mg	0.463		0	FLA	4		0.131	0.329	
Vitamin B-6.....mg	0.060		0	FLA	4		0.017	0.043	
Folate, total.....µg	11		0	FLC	4		3	8	
Folic acid.....µg	3		0		4		1	2	
Folate, food.....µg	8		0		4		2	6	
Folate, DFE.....mcg_DFE	13		0	NC	4		4	9	
Choline, total.....mg	25.1		0	NR	4		7.1	17.8	
Betaine.....mg									
Vitamin B-12.....µg	0.21		0	FLA	4		0.06	0.15	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	77		0	NC	4		22	55	
Retinol.....µg	66		0	FLC	4		19	47	
Carotene, beta.....µg	131		0	FLC	4		37	93	
Carotene, alpha.....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLC	4		0	0	
Vitamin A, IU.....IU	440		0	NC	4		125	313	
Lycopene.....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....µg	33		0	FLC	4		9	23	
Vitamin E (alpha-tocopherol).....mg	0.75		0	FLC	4		0.21	0.53	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.3		0	FLA	4		0.1	0.2	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	10		0	FLA	4		3	7	
Vitamin K (phylloquinone).....µg	2.4		0	FLC	4		0.7	1.7	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Cake, cherry fudge with chocolate frosting

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	5.066		0	FLA	4		1.436	3.597	
4:0.....g	0.212		0	FLA	4		0.060	0.151	
6:0.....g	0.124		0	FLA	4		0.035	0.088	
8:0.....g	0.073		0	FLA	4		0.021	0.052	
10:0.....g	0.163		0	FLA	4		0.046	0.116	
12:0.....g	0.181		0	FLA	4		0.051	0.129	
13:0.....g									
14:0.....g	0.660		0	FLA	4		0.187	0.469	
15:0.....g									
16:0.....g	2.384		0	FLA	4		0.676	1.693	
17:0.....g									
18:0.....g	1.123		0	FLA	4		0.318	0.797	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.400		0	FLA	4		1.247	3.124	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.183		0	FLA	4		0.052	0.130	
17:1.....g									
18:1 undifferentiated.....g	4.113		0	FLA	4		1.166	2.920	
20:1.....g	0.001		0	FLA	4		0.000	0.001	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.340		0	FLA	4		0.663	1.661	
18:2 undifferentiated.....g	2.084		0	FLA	4		0.591	1.480	
18:3 undifferentiated.....g	0.240		0	FLA	4		0.068	0.170	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.008		0	FLA	4		0.002	0.006	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.002		0	FLA	4		0.001	0.001	
Fatty acids, total trans.....g									
Cholesterol.....mg	42		0	FLA	4		12	30	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.030		0		4		0.009	0.021	
Threonine.....g	0.104		0		4		0.029	0.074	
Isoleucine.....g	0.109		0		4		0.031	0.077	
Leucine.....g	0.180		0		4		0.051	0.128	
Lysine.....g	0.148		0		4		0.042	0.105	
Methionine.....g	0.047		0		4		0.013	0.033	
Cystine.....g	0.040		0		4		0.011	0.028	
Phenylalanine.....g	0.098		0		4		0.028	0.070	
Tyrosine.....g	0.074		0		4		0.021	0.053	
Valine.....g	0.124		0		4		0.035	0.088	
Arginine.....g	0.111		0		4		0.031	0.079	
Histidine.....g	0.046		0		4		0.013	0.033	
Alanine.....g	0.118		0		4		0.033	0.084	
Aspartic acid.....g	0.232		0		4		0.066	0.165	
Glutamic acid.....g	0.420		0		4		0.119	0.298	
Glycine.....g	0.116		0		4		0.033	0.082	
Proline.....g	0.170		0		4		0.048	0.121	
Serine.....g	0.126		0		4		0.036	0.089	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	5		0	FLC	4		1	4	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18095

Cake, cherry fudge with chocolate frosting

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 71g: 1 piece (1/8 cake)

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 3.8

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	10.6		0	BFZN	4	14.6	176.0		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	5.917		0	NC	4	8.166	98.224		
4:0.....g	0.013	0.008	6	A	1	0.018	0.219		
6:0.....g	0.011	0.006	6	A	1	0.016	0.188		
8:0.....g	0.021	0.013	6	A	1	0.029	0.354		
10:0.....g	0.034	0.016	6	A	1	0.048	0.573		
12:0.....g	0.197	0.168	6	A	1	0.272	3.270		
13:0.....g									
14:0.....g	0.170	0.059	6	A	1	0.235	2.825		
15:0.....g	0.011	0.004	6	A	1	0.015	0.185		
16:0.....g	3.501	0.684	6	A	1	4.832	58.125		
17:0.....g	0.023	0.002	6	A	1	0.032	0.382		
18:0.....g	1.801	0.199	6	A	1	2.486	29.905		
20:0.....g	0.069	0.005	6	A	1	0.096	1.151		
22:0.....g	0.044	0.004	6	A	1	0.060	0.728		
24:0.....g	0.019	0.001	6	A	1	0.026	0.315		
Fatty acids, total monounsaturated.....g	7.343		0	NC	4	10.134	121.902		
14:1.....g	0.004	0.003	6	A	1	0.006	0.072		
15:1.....g	0.000	0.000	6	A	1	0.000	0.000		
16:1 undifferentiated.....g	0.039	0.008	6	AS	1	0.054	0.645		
16:1 c.....g	0.036	0.007	6	A	1	0.050	0.606		
16:1 t.....g	0.002	0.001	6	A	1	0.003	0.039		
17:1.....g	0.009	0.001	6	A	1	0.012	0.149		
18:1 undifferentiated.....g	7.229	0.915	6	AS	1	9.976	119.996		
18:1 c.....g	6.100	0.679	6	A	1	8.418	101.265		
18:1-11c (18:1c n-7).....g									
18:1 t.....g	1.128	0.368	6	A	1	1.557	18.730		
18:1-11t (18:1t n-7).....g									
20:1.....g	0.059	0.005	6	A	1	0.082	0.982		
22:1 undifferentiated.....g	0.004	0.001	6	AS	1	0.005	0.058		
22:1 c.....g	0.003	0.000	6	A	1	0.004	0.050		
22:1 t.....g	0.001	0.001	6	A	1	0.001	0.008		
24:1 c.....g	0.000	0.000	6	A	1	0.000	0.000		
Fatty acids, total polyunsaturated.....g	4.622		0	NC	4	6.378	76.722		
18:2 undifferentiated.....g	4.122	0.214	6	AS	1	5.689	68.428		
18:2 n-6 c,c.....g	3.918	0.228	6	A	1	5.407	65.044		
18:2 CLAs.....g	0.017	0.003	6	A	1	0.023	0.282		
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.187	0.052	6	A	1	0.258	3.101		
18:3 undifferentiated.....g	0.482	0.039	6	AS	1	0.665	8.001		
18:3 n-3 c,c,c (ALA).....g	0.454	0.037	6	A	1	0.627	7.545		
18:3 n-6 c,c,c.....g	0.027	0.003	6	A	1	0.038	0.456		
18:3i.....g									
18:4.....g	0.000	0.000	6	A	1	0.000	0.000		
20:2 n-6 c,c.....g	0.004	0.000	6	A	1	0.006	0.075		
20:3 undifferentiated.....g	0.003	0.001	6	AS	1	0.003	0.042		
20:3 n-3.....g	0.000	0.000	6	A	1	0.000	0.000		
20:3 n-6.....g	0.003	0.001	6	A	1	0.003	0.042		
20:4 undifferentiated.....g	0.010	0.001	6	A	1	0.014	0.171		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	6	A	1	0.000	0.006		
21:5.....g									
22:4.....g	0.000	0.000	6	A	1	0.000	0.000		
22:5 n-3 (DPA).....g	0.000	0.000	6	A	1	0.000	0.000		

NDB No. 18096

Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1	0.000	0.000
Fatty acids, total trans.....g	1.318		0	NC	4	1.819	21.879
Fatty acids, total trans-monoenoic.....g	1.131		0	NC	4	1.561	18.777
Fatty acids, total trans-polyenoic.....g	0.187		0	NC	4	0.258	3.101
Cholesterol.....mg	24		2	A	1	33	394
Phytosterols.....mg							
Others:							
Alcohol, ethyl.....g	0.0		0	BFZN	4	0.0	0.0
Caffeine.....mg	6		0	BFZN	4	9	106
Theobromine.....mg	215		0	BFZN	4	297	3570

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 138g: 1 piece (1/12 of a cake)

Measure 2 = 1660g: 1 cake

Calories Factors: Protein 3.5

Fat 8.8

Carbohydrate 3.8

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18097

Cake, chocolate, dry mix, pudding-type

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.90	0.107	48		1		1.11	20.16	
Energy.....kcal	396		0	NC	4		112	2047	
Energy.....kJ	1657		0		4		470	8566	
Protein (N x 5.8).....g	4.60	0.058	50		1		1.30	23.78	
Total lipid (fat).....g	9.20	0.401	48		1		2.61	47.56	
Ash.....g	3.20	0.039	45		1		0.91	16.54	
Carbohydrate, by difference.....g	78.70		0		4		22.31	406.88	
Fiber, total dietary.....g	3.5		0		4		1.0	18.0	
Sugars, total.....g	46.01		0	FLC	4		13.05	237.89	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	133	6.803	44		1		38	688	
Iron, Fe.....mg	2.92	0.083	44		1		0.83	15.10	
Magnesium, Mg.....mg	41	0.922	36		1		12	212	
Phosphorus, P.....mg	286	2.213	32		1		81	1479	
Potassium, K.....mg	337	24.241	40		1		96	1742	
Sodium, Na.....mg	893	16.109	40		1		253	4617	
Zinc, Zn.....mg	0.78	0.034	36		1		0.22	4.03	
Copper, Cu.....mg	0.272	0.008	36		1		0.077	1.406	
Manganese, Mn.....mg	0.213		0	FLA	4		0.060	1.101	
Selenium, Se.....µg	3.3		0	FLA	4		0.9	17.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	FLA	4		0.0	0.5	
Thiamin.....mg	0.210	0.009	44		1		0.060	1.086	
Riboflavin.....mg	0.170	0.009	44		1		0.048	0.879	
Niacin.....mg	2.417	0.059	44		1		0.685	12.496	
Pantothenic acid.....mg	0.211		0	FLA	4		0.060	1.091	
Vitamin B-6.....mg	0.031		0	FLA	4		0.009	0.160	
Folate, total.....µg	46		0	FLC	4		13	237	
Folic acid.....µg	36		0		4		10	186	
Folate, food.....µg	10		0		4		3	52	
Folate, DFE.....mcg_DFE	71		0	NC	4		20	368	
Choline, total.....mg	4.2		0	BFZN	4		1.2	21.9	
Betaine.....mg									
Vitamin B-12.....µg	0.50	0.000	6		1		0.14	2.59	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		0	4	
Retinol.....µg	1		0	FLC	4		0	4	
Carotene, beta.....µg	0		0	FLC	4		0	0	
Carotene, alpha.....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLC	4		0	0	
Vitamin A, IU.....IU	2		0	NC	4		1	12	
Lycopene.....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....µg	4		0	FLC	4		1	19	
Vitamin E (alpha-tocopherol).....mg	0.65		0	FLC	4		0.18	3.37	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	2.2		0	FLC	4		0.6	11.6	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Cake, chocolate, dry mix, pudding-type

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.923		0	FLA	4		0.545	9.942	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.011		0	FLA	4		0.003	0.057	
15:0.....g									
16:0.....g	1.122		0	FLA	4		0.318	5.801	
17:0.....g									
18:0.....g	0.779		0	FLA	4		0.221	4.027	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.688		0	FLA	4		1.046	19.067	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.031		0	FLA	4		0.009	0.160	
17:1.....g									
18:1 undifferentiated.....g	3.649		0	FLA	4		1.034	18.865	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.985		0	FLA	4		0.846	15.432	
18:2 undifferentiated.....g	2.775		0	FLA	4		0.787	14.347	
18:3 undifferentiated.....g	0.202		0	FLA	4		0.057	1.044	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.066		0		4		0.019	0.341	
Threonine.....g	0.156		0		4		0.044	0.807	
Isoleucine.....g	0.188		0		4		0.053	0.972	
Leucine.....g	0.315		0		4		0.089	1.629	
Lysine.....g	0.208		0		4		0.059	1.075	
Methionine.....g	0.071		0		4		0.020	0.367	
Cystine.....g	0.077		0		4		0.022	0.398	
Phenylalanine.....g	0.218		0		4		0.062	1.127	
Tyrosine.....g	0.156		0		4		0.044	0.807	
Valine.....g	0.240		0		4		0.068	1.241	
Arginine.....g	0.204		0		4		0.058	1.055	
Histidine.....g	0.092		0		4		0.026	0.476	
Alanine.....g	0.167		0		4		0.047	0.863	
Aspartic acid.....g	0.303		0		4		0.086	1.567	
Glutamic acid.....g	1.151		0		4		0.326	5.951	
Glycine.....g	0.165		0		4		0.047	0.853	
Proline.....g	0.390		0		4		0.111	2.016	
Serine.....g	0.227		0		4		0.064	1.174	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	6		0	FLA	4		2	31	
Theobromine.....mg	207		0	FLA	4		59	1070	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18097

Cake, chocolate, dry mix, pudding-type

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Deriv	Source	Measure 1	Measure 2	Measure 3
			of Data	Code	Confidence			
			Points	Code	Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 517g: 1 package (18.25 oz)

Calories Factors: Protein 3.3

Fat 8.7

Carbohydrate 3.8

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18099
Cake, chocolate, dry mix, regular

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.10	0.448	5		1		0.88	16.24	
Energy.....kcal	428		0	NC	4		121	2243	
Energy.....kJ	1791		0		4		508	9384	
Protein (N x 5.7).....g	5.90	0.402	5		1		1.67	30.92	
Total lipid (fat).....g	15.60	1.563	5		1		4.42	81.74	
Ash.....g	1.90	0.179	5		1		0.54	9.96	
Carbohydrate, by difference.....g	73.00		0		4		20.70	382.52	
Fiber, total dietary.....g	2.4		0		1		0.7	12.6	
Sugars, total.....g	38.30		0	FLC	4		10.86	200.71	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	150		1		1		43	786	
Iron, Fe.....mg	4.50		1		1		1.28	23.58	
Magnesium, Mg.....mg	47		1		1		13	246	
Phosphorus, P.....mg	270		1		1		77	1415	
Potassium, K.....mg	330		1		1		94	1729	
Sodium, Na.....mg	825		1		1		234	4323	
Zinc, Zn.....mg	0.80		1		1		0.23	4.19	
Copper, Cu.....mg	0.400		1		1		0.113	2.096	
Manganese, Mn.....mg	0.223		0	FLA	4		0.063	1.169	
Selenium, Se.....µg	12.4		0	FLA	4		3.5	65.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.170		1		1		0.048	0.891	
Riboflavin.....mg	0.160		1		1		0.045	0.838	
Niacin.....mg	1.600		1		1		0.454	8.384	
Pantothenic acid.....mg	0.136		0	FLA	4		0.039	0.713	
Vitamin B-6.....mg	0.039		0	FLA	4		0.011	0.204	
Folate, total.....µg	62		0	FLC	4		17	323	
Folic acid.....µg	47		0		4		13	246	
Folate, food.....µg	15		0		4		4	79	
Folate, DFE.....mcg_DFE	95		0	NC	4		27	497	
Choline, total.....mg	4.2		0	FLC	4		1.2	22.2	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		0	5	
Retinol.....µg	1		0	FLC	4		0	5	
Carotene, beta.....µg	0		0	FLC	4		0	0	
Carotene, alpha.....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLC	4		0	0	
Vitamin A, IU.....IU	3		0	NC	4		1	16	
Lycopene.....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....µg	11		0	FLC	4		3	59	
Vitamin E (alpha-tocopherol).....mg	1.11		0	FLC	4		0.32	5.84	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	3.8		0	FLC	4		1.1	19.7	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 18099
Cake, chocolate, dry mix, regular

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	3.264		0	FLA	4		0.925	17.103	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.016		0	FLA	4		0.005	0.084	
15:0.....g									
16:0.....g	1.901		0	FLA	4		0.539	9.961	
17:0.....g									
18:0.....g	1.334		0	FLA	4		0.378	6.990	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.310		0	FLA	4		1.789	33.064	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.051		0	FLA	4		0.014	0.267	
17:1.....g									
18:1 undifferentiated.....g	6.246		0	FLA	4		1.771	32.729	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.044		0	FLA	4		1.430	26.431	
18:2 undifferentiated.....g	4.689		0	FLA	4		1.329	24.570	
18:3 undifferentiated.....g	0.342		0	FLA	4		0.097	1.792	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		2		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.080		0		4		0.023	0.419	
Threonine.....g	0.195		0		4		0.055	1.022	
Isoleucine.....g	0.227		0		4		0.064	1.189	
Leucine.....g	0.402		0		4		0.114	2.106	
Lysine.....g	0.225		0		4		0.064	1.179	
Methionine.....g	0.086		0		4		0.024	0.451	
Cystine.....g	0.101		0		4		0.029	0.529	
Phenylalanine.....g	0.297		0		4		0.084	1.556	
Tyrosine.....g	0.201		0		4		0.057	1.053	
Valine.....g	0.288		0		4		0.082	1.509	
Arginine.....g	0.307		0		4		0.087	1.609	
Histidine.....g	0.127		0		4		0.036	0.665	
Alanine.....g	0.229		0		4		0.065	1.200	
Aspartic acid.....g	0.439		0		4		0.124	2.300	
Glutamic acid.....g	1.499		0		4		0.425	7.855	
Glycine.....g	0.239		0		4		0.068	1.252	
Proline.....g	0.487		0		4		0.138	2.552	
Serine.....g	0.287		0		4		0.081	1.504	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	11		0	FLA	4		3	58	
Theobromine.....mg	356		0	FLA	4		101	1865	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18099
Cake, chocolate, dry mix, regular

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 524g: 1 package (18.50 oz)

Calories Factors: Protein 3.2

Fat 8.8

Carbohydrate 3.7

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18101

Cake, chocolate, prepared from recipe without frosting

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	24.40		0		4		277.43	23.18	
Energy.....kcal	371		0	NC	4		4215	352	
Energy.....kJ	1551		0	NC	4		17635	1473	
Protein (N x 0).....g	5.30		0		4		60.26	5.04	
Total lipid (fat).....g	15.10		0		4		171.69	14.35	
Ash.....g	1.30		0		4		14.78	1.24	
Carbohydrate, by difference.....g	53.40		0		4		607.16	50.73	
Fiber, total dietary.....g	1.6		0		4		18.2	1.5	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	60		0		4		682	57	
Iron, Fe.....mg	1.61		0		4		18.31	1.53	
Magnesium, Mg.....mg	32		0		4		364	30	
Phosphorus, P.....mg	106		0		4		1205	101	
Potassium, K.....mg	140		0		4		1592	133	
Sodium, Na.....mg	315		0		4		3582	299	
Zinc, Zn.....mg	0.69		0		4		7.85	0.66	
Copper, Cu.....mg	0.207		0		4		2.354	0.197	
Manganese, Mn.....mg	0.280		0		4		3.184	0.266	
Selenium, Se.....µg	11.9		0	RK	4		135.3	11.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		0		4		2.3	0.2	
Thiamin.....mg	0.141		0		4		1.603	0.134	
Riboflavin.....mg	0.213		0		4		2.422	0.202	
Niacin.....mg	1.137		0		4		12.928	1.080	
Pantothenic acid.....mg	0.304		0		4		3.456	0.289	
Vitamin B-6.....mg	0.041		0		4		0.466	0.039	
Folate, total.....µg	27		0	RK	4		307	26	
Folic acid.....µg	17		0	NC	4		193	16	
Folate, food.....µg	10		0		4		114	10	
Folate, DFE.....mcg_DFE	39		0	NC	4		442	37	
Choline, total.....mg	128.4		0	AS	1		1459.6	122.0	
Betaine.....mg	47.7		1	A	1		542.1	45.3	
Vitamin B-12.....µg	0.16		0		4		1.82	0.15	
Vitamin A, RAE.....mcg_RAE									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	140		0		4		1592	133	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	5.430		0		4		61.739	5.159	
4:0.....g	0.017		0		4		0.193	0.016	

NDB No. 18101

Cake, chocolate, prepared from recipe without frosting

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.010		0		4		0.114	0.010	
8:0.....g	0.006		0		4		0.068	0.006	
10:0.....g	0.014		0		4		0.159	0.013	
12:0.....g	0.015		0		4		0.171	0.014	
13:0.....g									
14:0.....g	0.101		0		4		1.148	0.096	
15:0.....g									
16:0.....g	2.836		0		4		32.245	2.694	
17:0.....g									
18:0.....g	2.392		0		4		27.197	2.272	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.039		0		4		68.663	5.737	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.051		0		4		0.580	0.048	
17:1.....g									
18:1 undifferentiated.....g	5.982		0		4		68.015	5.683	
20:1.....g	0.004		0		4		0.045	0.004	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.761		0		4		31.393	2.623	
18:2 undifferentiated.....g	2.576		0		4		29.289	2.447	
18:3 undifferentiated.....g	0.161		0		4		1.831	0.153	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.019		0		4		0.216	0.018	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.005		0		4		0.057	0.005	
Fatty acids, total trans.....g									
Cholesterol.....mg	58		0		4		659	55	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.068		0		4		0.773	0.065	
Threonine.....g	0.202		0		4		2.297	0.192	
Isoleucine.....g	0.240		0		4		2.729	0.228	
Leucine.....g	0.407		0		4		4.628	0.387	
Lysine.....g	0.268		0		4		3.047	0.255	
Methionine.....g	0.116		0		4		1.319	0.110	
Cystine.....g	0.098		0		4		1.114	0.093	
Phenylalanine.....g	0.265		0		4		3.013	0.252	
Tyrosine.....g	0.197		0		4		2.240	0.187	
Valine.....g	0.283		0		4		3.218	0.269	
Arginine.....g	0.253		0		4		2.877	0.240	
Histidine.....g	0.120		0		4		1.364	0.114	
Alanine.....g	0.220		0		4		2.501	0.209	
Aspartic acid.....g	0.390		0		4		4.434	0.371	
Glutamic acid.....g	1.177		0		4		13.382	1.118	
Glycine.....g	0.179		0		4		2.035	0.170	
Proline.....g	0.411		0		4		4.673	0.390	
Serine.....g	0.301		0		4		3.422	0.286	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18101

Cake, chocolate, prepared from recipe without frosting

Common Measures:

Measure 1 = 1137g: 1 cake, 2-layer (8" or 9" dia)

Measure 2 = 95g: 1 piece (1/12 of 9" dia)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18110

Cake, fruitcake, commercially prepared

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	25.30	1.764	3		1		7.17	10.88	
Energy.....kcal	324		0	NC	4		92	139	
Energy.....kJ	1356		0		4		384	583	
Protein (N x 5.6).....g	2.90		2		1		0.82	1.25	
Total lipid (fat).....g	9.10	1.072	4		1		2.58	3.91	
Ash.....g	1.00	0.010	4		1		0.28	0.43	
Carbohydrate, by difference.....g	61.60		0	NC	4		17.46	26.49	
Fiber, total dietary.....g	3.7		0		1		1.0	1.6	
Sugars, total.....g	29.84		0	FLA	4		8.46	12.83	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	33	4.905	3		1		9	14	
Iron, Fe.....mg	2.07	0.433	3		1		0.59	0.89	
Magnesium, Mg.....mg	16		2		1		5	7	
Phosphorus, P.....mg	52		2		1		15	22	
Potassium, K.....mg	153		2		1		43	66	
Sodium, Na.....mg	322		0	LC	8		91	138	
Zinc, Zn.....mg	0.27		2		1		0.08	0.12	
Copper, Cu.....mg	0.050		2		1		0.014	0.022	
Manganese, Mn.....mg	0.220		2		1		0.062	0.095	
Selenium, Se.....µg	2.0		0	FLA	4		0.6	0.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.5		0	FLA	4		0.1	0.2	
Thiamin.....mg	0.050	0.013	9		1		0.014	0.022	
Riboflavin.....mg	0.099	0.002	9		1		0.028	0.043	
Niacin.....mg	0.791	0.052	9		1		0.224	0.340	
Pantothenic acid.....mg	0.226	0.006	8		1		0.064	0.097	
Vitamin B-6.....mg	0.046	0.002	8		1		0.013	0.020	
Folate, total.....µg	20		0	FLA	4		6	9	
Folic acid.....µg	17		0		4		5	7	
Folate, food.....µg	3	0.138	8		1		1	1	
Folate, DFE.....mcg_DFE	32		0	NC	4		9	14	
Choline, total.....mg	8.8		0	FLC	4		2.5	3.8	
Betaine.....mg									
Vitamin B-12.....µg	0.01		0	FLA	4		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	7		0	NC	4		2	3	
Retinol.....µg	7		0	FLA	4		2	3	
Carotene, beta.....µg	3		0	FLA	4		1	1	
Carotene, alpha.....µg	1		0	FLA	4		0	0	
Cryptoxanthin, beta.....µg	1		0	FLA	4		0	0	
Vitamin A, IU.....IU	29		0	NC	4		8	13	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	21		0	FLA	4		6	9	
Vitamin E (alpha-tocopherol).....mg	0.90		0	FLA	4		0.26	0.39	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	1.5		0	FLA	4		0.4	0.7	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.048		0	FLA	4		0.297	0.451	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.020		0	FLA	4		0.006	0.009	
15:0.....g									
16:0.....g	0.743		0	FLA	4		0.211	0.319	
17:0.....g									
18:0.....g	0.267		0	FLA	4		0.076	0.115	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.200		0	FLA	4		1.191	1.806	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.044		0	FLA	4		0.012	0.019	
17:1.....g									
18:1 undifferentiated.....g	4.100		0	FLA	4		1.162	1.763	
20:1.....g	0.032		0	FLA	4		0.009	0.014	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.323		0	FLA	4		0.942	1.429	
18:2 undifferentiated.....g	2.959		0	FLA	4		0.839	1.272	
18:3 undifferentiated.....g	0.336		0	FLA	4		0.095	0.144	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.003		0	FLA	4		0.001	0.001	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.001		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	5		1		1		1	2	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.042		0		1		0.012	0.018	
Threonine.....g	0.102		0		1		0.029	0.044	
Isoleucine.....g	0.121		0		1		0.034	0.052	
Leucine.....g	0.206		0		1		0.058	0.089	
Lysine.....g	0.121		0		1		0.034	0.052	
Methionine.....g	0.059		0		1		0.017	0.025	
Cystine.....g	0.062		0		1		0.018	0.027	
Phenylalanine.....g	0.140		0		1		0.040	0.060	
Tyrosine.....g	0.095		0		1		0.027	0.041	
Valine.....g	0.144		0		1		0.041	0.062	
Arginine.....g	0.262		0		1		0.074	0.113	
Histidine.....g	0.071		0		1		0.020	0.031	
Alanine.....g	0.125		0		1		0.035	0.054	
Aspartic acid.....g	0.270		0		1		0.077	0.116	
Glutamic acid.....g	0.639		0		1		0.181	0.275	
Glycine.....g	0.124		0		1		0.035	0.053	
Proline.....g	0.167		0		1		0.047	0.072	
Serine.....g	0.159		0		1		0.045	0.068	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18110

Cake, fruitcake, commercially prepared

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 43g: 1 piece

Calories Factors: Protein 3.8

Fat 8.6

Carbohydrate 3.8

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18112

Cake, german chocolate, dry mix, pudding-type

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.60	0.093	16		1		1.02	18.61	
Energy.....kcal	401		0		4		114	2073	
Energy.....kJ	1678		0		4		476	8674	
Protein (N x 5.7).....g	4.00	0.078	23		1		1.13	20.68	
Total lipid (fat).....g	9.50	0.140	18		1		2.69	49.12	
Ash.....g	2.50	0.048	15		1		0.71	12.93	
Carbohydrate, by difference.....g	80.10		0	NC	4		22.71	414.12	
Fiber, total dietary.....g	3.5		0	RA	4		1.0	18.1	
Sugars, total.....g	49.54		0	FLC	4		14.04	256.12	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	97	2.723	16		1		27	501	
Iron, Fe.....mg	1.93	0.127	10		1		0.55	9.98	
Magnesium, Mg.....mg	22	0.397	14		1		6	114	
Phosphorus, P.....mg	294	7.648	14		1		83	1520	
Potassium, K.....mg	149	6.466	12		1		42	770	
Sodium, Na.....mg	813		0	LC	8		230	4203	
Zinc, Zn.....mg	0.42	0.010	14		1		0.12	2.17	
Copper, Cu.....mg	0.156	0.004	14		1		0.044	0.807	
Manganese, Mn.....mg	0.105		0	FLA	4		0.030	0.543	
Selenium, Se.....µg	3.1		0	FLA	4		0.9	16.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.255	0.020	16		1		0.072	1.318	
Riboflavin.....mg	0.176	0.008	16		1		0.050	0.910	
Niacin.....mg	2.605	0.139	16		1		0.739	13.468	
Pantothenic acid.....mg	0.072		0	FLA	4		0.020	0.372	
Vitamin B-6.....mg	0.035		0	FLA	4		0.010	0.181	
Folate, total.....µg	56		0	FLC	4		16	289	
Folic acid.....µg	46		0		4		13	238	
Folate, food.....µg	10		0		4		3	52	
Folate, DFE.....mcg_DFE	88		0	NC	4		25	456	
Choline, total.....mg	3.9		0	FLC	4		1.1	19.9	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		0	5	
Retinol.....µg	1		0	FLC	4		0	5	
Carotene, beta.....µg	0		0	FLC	4		0	0	
Carotene, alpha.....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLC	4		0	0	
Vitamin A, IU.....IU	3		0	NC	4		1	16	
Lycopene.....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....µg	4		0	FLC	4		1	22	
Vitamin E (alpha-tocopherol).....mg	0.08		0	FLC	4		0.02	0.41	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	3.8		0	FLC	4		1.1	19.5	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Cake, german chocolate, dry mix, pudding-type

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	3.205		0	FLA	4		0.909	16.570	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.029		0	FLA	4		0.008	0.150	
15:0.....g									
16:0.....g	1.646		0	FLA	4		0.467	8.510	
17:0.....g									
18:0.....g	1.520		0	FLA	4		0.431	7.858	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.781		0	FLA	4		1.072	19.548	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	3.780		0	FLA	4		1.072	19.543	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.823		0	FLA	4		0.517	9.425	
18:2 undifferentiated.....g	1.717		0	FLA	4		0.487	8.877	
18:3 undifferentiated.....g	0.106		0	FLA	4		0.030	0.548	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.058		0		1		0.016	0.300	
Threonine.....g	0.128		0		1		0.036	0.662	
Isoleucine.....g	0.151		0		1		0.043	0.781	
Leucine.....g	0.258		0		1		0.073	1.334	
Lysine.....g	0.162		0		1		0.046	0.838	
Methionine.....g	0.056		0		1		0.016	0.290	
Cystine.....g	0.071		0		1		0.020	0.367	
Phenylalanine.....g	0.188		0		1		0.053	0.972	
Tyrosine.....g	0.127		0		1		0.036	0.657	
Valine.....g	0.199		0		1		0.056	1.029	
Arginine.....g	0.180		0		1		0.051	0.931	
Histidine.....g	0.076		0		1		0.022	0.393	
Alanine.....g	0.144		0		1		0.041	0.744	
Aspartic acid.....g	0.255		0		1		0.072	1.318	
Glutamic acid.....g	1.029		0		1		0.292	5.320	
Glycine.....g	0.151		0		1		0.043	0.781	
Proline.....g	0.335		0		1		0.095	1.732	
Serine.....g	0.193		0		1		0.055	0.998	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	
Caffeine.....mg	7		0	FLA	4		2	36	
Theobromine.....mg	242		0	FLA	4		69	1251	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18112

Cake, german chocolate, dry mix, pudding-type

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
							<u>measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 517g: 1 package (18.25 oz)

Calories Factors: Protein 3.2

Fat 8.7

Carbohydrate 3.8

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18114
Cake, gingerbread, dry mix

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	4.40		1		1		1.25	18.08	
Energy.....kcal	437		0	NC	4		124	1796	
Energy.....kJ	1828		0		4		518	7515	
Protein (N x 5.7).....g	4.40		1		1		1.25	18.08	
Total lipid (fat).....g	13.80		1		1		3.91	56.72	
Ash.....g	2.80		1		1		0.79	11.51	
Carbohydrate, by difference.....g	74.60		0	NC	4		21.15	306.61	
Fiber, total dietary.....g	1.7		0	RA	4		0.5	7.0	
Sugars, total.....g	46.62		0	FLC	4		13.22	191.63	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	94		1		1		27	386	
Iron, Fe.....mg	4.70		1		1		1.33	19.32	
Magnesium, Mg.....mg	21		0	FLA	4		6	86	
Phosphorus, P.....mg	226		1		1		64	929	
Potassium, K.....mg	341		1		1		97	1402	
Sodium, Na.....mg	657		1		1		186	2700	
Zinc, Zn.....mg	0.36		0	FLA	4		0.10	1.48	
Copper, Cu.....mg	0.246		0	FLA	4		0.070	1.011	
Manganese, Mn.....mg	0.556		0	FLA	4		0.158	2.285	
Selenium, Se.....µg	2.1		0	FLA	4		0.6	8.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		0	FLA	4		0.1	0.8	
Thiamin.....mg	0.340		1		1		0.096	1.397	
Riboflavin.....mg	0.240		1		1		0.068	0.986	
Niacin.....mg	2.550		1		1		0.723	10.481	
Pantothenic acid.....mg	0.235		0	FLA	4		0.067	0.966	
Vitamin B-6.....mg	0.041		0	FLA	4		0.012	0.169	
Folate, total.....µg	51		0	FLC	4		14	208	
Folic acid.....µg	37		0		4		10	152	
Folate, food.....µg	14		0		4		4	58	
Folate, DFE.....mcg_DFE	77		0	NC	4		22	316	
Choline, total.....mg	10.7		0	FLC	4		3.0	44.1	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	1	
Retinol.....µg	0		0	FLC	4		0	0	
Carotene, beta.....µg	1		0	FLC	4		0	5	
Carotene, alpha.....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....µg	1		0	FLC	4		0	6	
Vitamin A, IU.....IU	3		0	NC	4		1	14	
Lycopene.....µg	0		0	FLC	4		0	1	
Lutein + zeaxanthin.....µg	3		0	FLC	4		1	12	
Vitamin E (alpha-tocopherol).....mg	0.20		0	FLC	4		0.06	0.81	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	6.4		0	FLC	4		1.8	26.5	
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									
Lipids:									

NDB No. 18114
Cake, gingerbread, dry mix

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	3.460		0		1		0.981	14.221	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.001		0	FLA	4		0.000	0.004	
12:0.....g	0.001		0	FLA	4		0.000	0.004	
13:0.....g									
14:0.....g	0.069		0	FLA	4		0.020	0.284	
15:0.....g									
16:0.....g	1.792		0	FLA	4		0.508	7.365	
17:0.....g									
18:0.....g	1.632		0	FLA	4		0.463	6.708	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.791		0		1		2.209	32.021	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	FLA	4		0.000	0.004	
17:1.....g									
18:1 undifferentiated.....g	7.820		0	FLA	4		2.217	32.140	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.804		0		1		0.511	7.414	
18:2 undifferentiated.....g	1.675		0	FLA	4		0.475	6.884	
18:3 undifferentiated.....g	0.091		0	FLA	4		0.026	0.374	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.062		0		1		0.018	0.255	
Threonine.....g	0.138		0		1		0.039	0.567	
Isoleucine.....g	0.175		0		1		0.050	0.719	
Leucine.....g	0.309		0		1		0.088	1.270	
Lysine.....g	0.187		0		1		0.053	0.769	
Methionine.....g	0.068		0		1		0.019	0.279	
Cystine.....g	0.087		0		1		0.025	0.358	
Phenylalanine.....g	0.209		0		1		0.059	0.859	
Tyrosine.....g	0.134		0		1		0.038	0.551	
Valine.....g	0.196		0		1		0.056	0.806	
Arginine.....g	0.211		0		1		0.060	0.867	
Histidine.....g	0.096		0		1		0.027	0.395	
Alanine.....g	0.150		0		1		0.043	0.617	
Aspartic acid.....g	0.282		0		1		0.080	1.159	
Glutamic acid.....g	1.256		0		1		0.356	5.162	
Glycine.....g	0.161		0		1		0.046	0.662	
Proline.....g	0.415		0		1		0.118	1.706	
Serine.....g	0.233		0		1		0.066	0.958	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18114
Cake, gingerbread, dry mix

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 28.35g: 1 oz
Measure 2 = 411g: 1 package (14.5 oz)

Calories Factors: Protein 3.9 Fat 8.8 Carbohydrate4

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18116

Cake, gingerbread, prepared from recipe

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	28.00		0		1		7.94	20.72	
Energy.....kcal	356		0	NC	4		101	263	
Energy.....kJ	1490				4		422	1102	
Protein (N x 0).....g	3.90		0		1		1.11	2.89	
Total lipid (fat).....g	16.40		0		1		4.65	12.14	
Ash.....g	1.80		0		1		0.51	1.33	
Carbohydrate, by difference.....g	49.20		0	NC	4		13.95	36.41	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	71		0		1		20	53	
Iron, Fe.....mg	2.88		0		1		0.82	2.13	
Magnesium, Mg.....mg	70		0		1		20	52	
Phosphorus, P.....mg	54		0		1		15	40	
Potassium, K.....mg	439		0		1		124	325	
Sodium, Na.....mg	327		0		1		93	242	
Zinc, Zn.....mg	0.39		0		1		0.11	0.29	
Copper, Cu.....mg	0.195		0		1		0.055	0.144	
Manganese, Mn.....mg	0.683		0		1		0.194	0.505	
Selenium, Se.....µg	16.3		0	RK	4		4.6	12.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0		1		0.0	0.1	
Thiamin.....mg	0.190		0		1		0.054	0.141	
Riboflavin.....mg	0.162		0		1		0.046	0.120	
Niacin.....mg	1.738		0		1		0.493	1.286	
Pantothenic acid.....mg	0.375		0		1		0.106	0.278	
Vitamin B-6.....mg	0.190		0		1		0.054	0.141	
Folate, total.....µg	33		0	RK	4		9	24	
Folic acid.....µg	25		0	NC	4		7	19	
Folate, food.....µg	8		0		1		2	6	
Folate, DFE.....mcg_DFE	51		0	NC	4		14	37	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.06		0		1		0.02	0.04	
Vitamin A, RAE.....mcg_RAE	14		0	NC	4		4	11	
Retinol.....µg	14		0	NC	4		4	11	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	48		0		1		14	36	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	4.122		0		1		1.169	3.050	
4:0.....g	0.000		0		1		0.000	0.000	

Cake, gingerbread, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.001		0		1		0.000	0.001	
13:0.....g									
14:0.....g	0.064		0		1		0.018	0.047	
15:0.....g									
16:0.....g	2.369		0		1		0.672	1.753	
17:0.....g									
18:0.....g	1.684		0		1		0.477	1.246	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.124		0		1		2.020	5.272	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.022		0		1		0.006	0.016	
17:1.....g									
18:1 undifferentiated.....g	7.099		0		1		2.013	5.253	
20:1.....g	0.002		0		1		0.001	0.001	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.216		0		1		1.195	3.120	
18:2 undifferentiated.....g	3.948		0		1		1.119	2.922	
18:3 undifferentiated.....g	0.254		0		1		0.072	0.188	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.011		0		1		0.003	0.008	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.003		0		1		0.001	0.002	
Fatty acids, total trans.....g									
Cholesterol.....mg	32		0		1		9	24	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.047		0		1		0.013	0.035	
Threonine.....g	0.124		0		1		0.035	0.092	
Isoleucine.....g	0.151		0		1		0.043	0.112	
Leucine.....g	0.279		0		1		0.079	0.206	
Lysine.....g	0.131		0		1		0.037	0.097	
Methionine.....g	0.080		0		1		0.023	0.059	
Cystine.....g	0.083		0		1		0.024	0.061	
Phenylalanine.....g	0.195		0		1		0.055	0.144	
Tyrosine.....g	0.125		0		1		0.035	0.093	
Valine.....g	0.173		0		1		0.049	0.128	
Arginine.....g	0.173		0		1		0.049	0.128	
Histidine.....g	0.087		0		1		0.025	0.064	
Alanine.....g	0.145		0		1		0.041	0.107	
Aspartic acid.....g	0.217		0		1		0.062	0.161	
Glutamic acid.....g	1.096		0		1		0.311	0.811	
Glycine.....g	0.136		0		1		0.039	0.101	
Proline.....g	0.372		0		1		0.105	0.275	
Serine.....g	0.214		0		1		0.061	0.158	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18116

Cake, gingerbread, prepared from recipe

Measure 2 = 74g: 1 piece (1/9 of 8" square)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18117

Cake, marble, dry mix, pudding-type

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.10	0.048	13		1		0.88	16.03	
Energy.....kcal	416		0		4		118	2151	
Energy.....kJ	1741		0		4		493	8999	
Protein (N x 5.7).....g	3.40	0.090	13		1		0.96	17.58	
Total lipid (fat).....g	11.70	0.205	13		1		3.32	60.49	
Ash.....g	2.30	0.030	13		1		0.65	11.89	
Carbohydrate, by difference.....g	79.30		0	NC	4		22.48	409.98	
Fiber, total dietary.....g	2.9		0		4		0.8	15.0	
Sugars, total.....g	57.59		0	FLA	4		16.33	297.74	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	76	6.469	13		1		22	393	
Iron, Fe.....mg	1.62	0.097	13		1		0.46	8.38	
Magnesium, Mg.....mg	18	2.648	12		1		5	93	
Phosphorus, P.....mg	275	5.217	13		1		78	1422	
Potassium, K.....mg	123	6.400	8		1		35	636	
Sodium, Na.....mg	656		0	LC	8		186	3392	
Zinc, Zn.....mg	0.35	0.027	12		1		0.10	1.81	
Copper, Cu.....mg	0.135	0.038	12		1		0.038	0.698	
Manganese, Mn.....mg	0.139		0	FLA	4		0.039	0.719	
Selenium, Se.....µg	2.6		0	FLA	4		0.7	13.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.181	0.010	7		1		0.051	0.936	
Riboflavin.....mg	0.130	0.004	4		1		0.037	0.672	
Niacin.....mg	1.546	0.206	7		1		0.438	7.993	
Pantothenic acid.....mg	0.096		0	FLA	4		0.027	0.496	
Vitamin B-6.....mg	0.025		0	FLA	4		0.007	0.129	
Folate, total.....µg	36		0	FLA	4		10	186	
Folic acid.....µg	27		0	NC	4		8	140	
Folate, food.....µg	9		0		4		3	47	
Folate, DFE.....mcg_DFE	55		0	NC	4		16	284	
Choline, total.....mg	3.3		0	FLC	4		0.9	17.0	
Betaine.....mg									
Vitamin B-12.....µg	0.00		1		1		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		0	3	
Retinol.....µg	1		0	FLA	4		0	3	
Carotene, beta.....µg	0		0	FLA	4		0	0	
Carotene, alpha.....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	2		0	FLA	4		1	10	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	4		0	FLA	4		1	20	
Vitamin E (alpha-tocopherol).....mg	0.85		0	FLA	4		0.24	4.39	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	2.8		0	FLA	4		0.8	14.7	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	2.450		0	FLA	4		0.695	12.667	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.012		0	FLA	4		0.003	0.062	
15:0.....g									
16:0.....g	1.422		0	FLA	4		0.403	7.352	
17:0.....g									
18:0.....g	1.005		0	FLA	4		0.285	5.196	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.750		0	FLA	4		1.347	24.558	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.039		0	FLA	4		0.011	0.202	
17:1.....g									
18:1 undifferentiated.....g	4.701		0	FLA	4		1.333	24.304	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.779		0	FLA	4		1.071	19.537	
18:2 undifferentiated.....g	3.513		0	FLA	4		0.996	18.162	
18:3 undifferentiated.....g	0.256		0	FLA	4		0.073	1.324	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.049		0		1		0.014	0.253	
Threonine.....g	0.105		0		1		0.030	0.543	
Isoleucine.....g	0.127		0		1		0.036	0.657	
Leucine.....g	0.220		0		1		0.062	1.137	
Lysine.....g	0.133		0		1		0.038	0.688	
Methionine.....g	0.049		0		1		0.014	0.253	
Cystine.....g	0.062		0		1		0.018	0.321	
Phenylalanine.....g	0.158		0		1		0.045	0.817	
Tyrosine.....g	0.105		0		1		0.030	0.543	
Valine.....g	0.164		0		1		0.046	0.848	
Arginine.....g	0.147		0		1		0.042	0.760	
Histidine.....g	0.065		0		1		0.018	0.336	
Alanine.....g	0.118		0		1		0.033	0.610	
Aspartic acid.....g	0.201		0		1		0.057	1.039	
Glutamic acid.....g	0.909		0		1		0.258	4.700	
Glycine.....g	0.125		0		1		0.035	0.646	
Proline.....g	0.298		0		1		0.084	1.541	
Serine.....g	0.166		0		1		0.047	0.858	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	7		0	FLA	4		2	37	
Theobromine.....mg	240		0	FLA	4		68	1242	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18117

Cake, marble, dry mix, pudding-type

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code						

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 517g: 1 package (18.25 oz)

Calories Factors: Protein 3.3

Fat 8.8

Carbohydrate 3.8

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18119

Cake, pineapple upside-down, prepared from recipe

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	32.30		0		1		9.16	37.15	
Energy.....kcal	319		0	NC	4		90	367	
Energy.....kJ	1335				4		378	1535	
Protein (N x 0).....g	3.50		0		1		0.99	4.03	
Total lipid (fat).....g	12.10		0		1		3.43	13.92	
Ash.....g	1.70		0		1		0.48	1.96	
Carbohydrate, by difference.....g	50.50		0	NC	4		14.32	58.08	
Fiber, total dietary.....g	0.8		0		4		0.2	0.9	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	120		0		1		34	138	
Iron, Fe.....mg	1.48		0		1		0.42	1.70	
Magnesium, Mg.....mg	13		0		1		4	15	
Phosphorus, P.....mg	82		0		1		23	94	
Potassium, K.....mg	112		0		1		32	129	
Sodium, Na.....mg	319		0		1		90	367	
Zinc, Zn.....mg	0.31		0		1		0.09	0.36	
Copper, Cu.....mg	0.087		0		1		0.025	0.100	
Manganese, Mn.....mg	0.350		0		1		0.099	0.403	
Selenium, Se.....µg	9.4		0	RK	4		2.7	10.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.2		0		1		0.3	1.4	
Thiamin.....mg	0.153		0		1		0.043	0.176	
Riboflavin.....mg	0.156		0		1		0.044	0.179	
Niacin.....mg	1.190		0		1		0.337	1.369	
Pantothenic acid.....mg	0.202		0		1		0.057	0.232	
Vitamin B-6.....mg	0.034		0		1		0.010	0.039	
Folate, total.....µg	26		0	RK	4		7	30	
Folic acid.....µg	19		0	NC	4		5	22	
Folate, food.....µg	7		0		1		2	8	
Folate, DFE.....mcg_DFE	39		0	NC	4		11	45	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.08		0		1		0.02	0.09	
Vitamin A, RAE.....mcg_RAE	62		0	NC	4		18	71	
Retinol.....µg	59		0	NC	4		17	68	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	253		0		1		72	291	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	2.915		0		1		0.826	3.352	
4:0.....g	0.011		0		1		0.003	0.013	

Cake, pineapple upside-down, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.007		0		1		0.002	0.008	
8:0.....g	0.004		0		1		0.001	0.005	
10:0.....g	0.009		0		1		0.003	0.010	
12:0.....g	0.010		0		1		0.003	0.012	
13:0.....g									
14:0.....g	0.074		0		1		0.021	0.085	
15:0.....g									
16:0.....g	1.692		0		1		0.480	1.946	
17:0.....g									
18:0.....g	1.104		0		1		0.313	1.270	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.194		0		1		1.472	5.973	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.022		0		1		0.006	0.025	
17:1.....g									
18:1 undifferentiated.....g	5.169		0		1		1.465	5.944	
20:1.....g	0.001		0		1		0.000	0.001	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.282		0		1		0.930	3.774	
18:2 undifferentiated.....g	3.094		0		1		0.877	3.558	
18:3 undifferentiated.....g	0.179		0		1		0.051	0.206	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.007		0		1		0.002	0.008	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.002		0		1		0.001	0.002	
Fatty acids, total trans.....g									
Cholesterol.....mg	22		0		1		6	25	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.043		0		1		0.012	0.049	
Threonine.....g	0.117		0		1		0.033	0.135	
Isoleucine.....g	0.147		0		1		0.042	0.169	
Leucine.....g	0.264		0		1		0.075	0.304	
Lysine.....g	0.143		0		1		0.041	0.164	
Methionine.....g	0.074		0		1		0.021	0.085	
Cystine.....g	0.066		0		1		0.019	0.076	
Phenylalanine.....g	0.173		0		1		0.049	0.199	
Tyrosine.....g	0.121		0		1		0.034	0.139	
Valine.....g	0.167		0		1		0.047	0.192	
Arginine.....g	0.148		0		1		0.042	0.170	
Histidine.....g	0.081		0		1		0.023	0.093	
Alanine.....g	0.128		0		1		0.036	0.147	
Aspartic acid.....g	0.216		0		1		0.061	0.248	
Glutamic acid.....g	0.949		0		1		0.269	1.091	
Glycine.....g	0.114		0		1		0.032	0.131	
Proline.....g	0.338		0		1		0.096	0.389	
Serine.....g	0.190		0		1		0.054	0.219	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18119

Cake, pineapple upside-down, prepared from recipe

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 115g: 1 piece (1/9 of 8" square)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18957

Cake, pound, BIMBO Bakeries USA, Panque Casero, home baked style

Latino food

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	21.29		1	A	1		8.30	66.21	
Energy.....kcal	418		0	NC	4		163	1299	
Energy.....kJ	1747		0	NC	4		681	5433	
Protein (N x 6.25).....g	6.62		1	A	1		2.58	20.60	
Total lipid (fat).....g	21.70		1	A	1		8.46	67.49	
Ash.....g	1.45		1	A	1		0.57	4.51	
Carbohydrate, by difference.....g	48.94		0	NC	4		19.08	152.19	
Fiber, total dietary.....g	1.0		1	A	1		0.4	3.1	
Sugars, total.....g	28.77		1	A	1		11.22	89.49	
Sucrose.....g	26.50		1	A	1		10.34	82.42	
Glucose (dextrose).....g	1.18		1	A	1		0.46	3.67	
Fructose.....g	1.02		1	A	1		0.40	3.17	
Lactose.....g	0.00		1	A	1		0.00	0.00	
Maltose.....g	0.07		1	A	1		0.03	0.23	
Galactose.....g	0.00		1	A	1		0.00	0.00	
Starch.....g	19.60		1	A	1		7.64	60.96	
Minerals:									
Calcium, Ca.....mg	52		1	A	1		20	162	
Iron, Fe.....mg	1.51		1	A	1		0.59	4.69	
Magnesium, Mg.....mg	13		1	A	1		5	41	
Phosphorus, P.....mg	119		1	A	1		46	370	
Potassium, K.....mg	101		1	A	1		39	314	
Sodium, Na.....mg	357		1	A	1		139	1110	
Zinc, Zn.....mg	0.59		1	A	1		0.23	1.83	
Copper, Cu.....mg	0.056		1	A	1		0.022	0.174	
Manganese, Mn.....mg	0.193		1	A	1		0.075	0.600	
Selenium, Se.....µg	17.0		1	A	1		6.6	52.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.080		1	A	1		0.031	0.248	
Riboflavin.....mg	0.150		1	A	1		0.059	0.467	
Niacin.....mg	0.620		1	A	1		0.242	1.928	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.030		1	A	1		0.012	0.093	
Folate, total.....µg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU									
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18957

Cake, pound, BIMBO Bakeries USA, Panque Casero, home baked style

Common Measures:

Measure 1 = 39g: 1 slice

Measure 2 = 311g: 1 loaf

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18120

Cake, pound, commercially prepared, butter

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	24.60	0.778	11		1		7.38	6.89	
Energy.....kcal	388		0	NC	4		116	109	
Energy.....kJ	1623				4		487	455	
Protein (N x 6).....g	5.50	0.164	11		1		1.65	1.54	
Total lipid (fat).....g	19.90	0.854	9		1		5.97	5.57	
Ash.....g	1.20	0.069	11		1		0.36	0.34	
Carbohydrate, by difference.....g	48.80		0	NC	4		14.64	13.66	
Fiber, total dietary.....g	0.5		0		4		0.1	0.1	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	35	3.868	7		1		11	10	
Iron, Fe.....mg	1.38	0.156	7		1		0.41	0.39	
Magnesium, Mg.....mg	11	2.063	7		1		3	3	
Phosphorus, P.....mg	137	14.172	7		1		41	38	
Potassium, K.....mg	119	18.629	5		1		36	33	
Sodium, Na.....mg	398	32.824	7		1		119	111	
Zinc, Zn.....mg	0.46		2		1		0.14	0.13	
Copper, Cu.....mg	0.035		2		1		0.011	0.010	
Manganese, Mn.....mg	0.090		2		1		0.027	0.025	
Selenium, Se.....µg	8.8		0	FLA	4		2.6	2.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.137	0.027	7		1		0.041	0.038	
Riboflavin.....mg	0.229	0.021	7		1		0.069	0.064	
Niacin.....mg	1.311	0.276	7		1		0.393	0.367	
Pantothenic acid.....mg	0.445		0	FLA	4		0.134	0.125	
Vitamin B-6.....mg	0.042		0	FLA	4		0.013	0.012	
Folate, total.....µg	41		0	FLA	4		12	11	
Folic acid.....µg	30		0	NC	4		9	8	
Folate, food.....µg	11		0		4		3	3	
Folate, DFE.....mcg_DFE	62		0	NC	4		19	17	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.25		0	FLA	4		0.08	0.07	
Vitamin A, RAE.....mcg_RAE	149		0	NC	4		45	42	
Retinol.....µg	142		0	NC	4		43	40	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	606	66.576	5		1		182	170	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	11.559		0	FLA	4		3.468	3.237	
4:0.....g	0.564		0	FLA	4		0.169	0.158	

NDB No. 18120

Cake, pound, commercially prepared, butter

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.334		0	FLA	4		0.100	0.094	
8:0.....g	0.195		0	FLA	4		0.059	0.055	
10:0.....g	0.437		0	FLA	4		0.131	0.122	
12:0.....g	0.489		0	FLA	4		0.147	0.137	
13:0.....g									
14:0.....g	1.757		0	FLA	4		0.527	0.492	
15:0.....g									
16:0.....g	5.108		0	FLA	4		1.532	1.430	
17:0.....g									
18:0.....g	2.285		0	FLA	4		0.686	0.640	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.900		0	FLA	4		1.770	1.652	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.457		0	FLA	4		0.137	0.128	
17:1.....g									
18:1 undifferentiated.....g	5.176		0	FLA	4		1.553	1.449	
20:1.....g	0.006		0	FLA	4		0.002	0.002	
22:1 undifferentiated.....g	0.001		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.067		0	FLA	4		0.320	0.299	
18:2 undifferentiated.....g	0.759		0	FLA	4		0.228	0.213	
18:3 undifferentiated.....g	0.267		0	FLA	4		0.080	0.075	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.032		0	FLA	4		0.010	0.009	
20:5 n-3 (EPA).....g	0.001		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g	0.008		0	FLA	4		0.002	0.002	
Fatty acids, total trans.....g									
Cholesterol.....mg	221		2		1		66	62	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.072		0		1		0.022	0.020	
Threonine.....g	0.211		0		1		0.063	0.059	
Isoleucine.....g	0.261		0		1		0.078	0.073	
Leucine.....g	0.430		0		1		0.129	0.120	
Lysine.....g	0.307		0		1		0.092	0.086	
Methionine.....g	0.133		0		1		0.040	0.037	
Cystine.....g	0.115		0		1		0.035	0.032	
Phenylalanine.....g	0.274		0		1		0.082	0.077	
Tyrosine.....g	0.197		0		1		0.059	0.055	
Valine.....g	0.296		0		1		0.089	0.083	
Arginine.....g	0.260		0		1		0.078	0.073	
Histidine.....g	0.123		0		1		0.037	0.034	
Alanine.....g	0.231		0		1		0.069	0.065	
Aspartic acid.....g	0.393		0		1		0.118	0.110	
Glutamic acid.....g	1.229		0		1		0.369	0.344	
Glycine.....g	0.176		0		1		0.053	0.049	
Proline.....g	0.418		0		1		0.125	0.117	
Serine.....g	0.341		0		1		0.102	0.095	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 piece (1/10 of cake)

NDB No. 18120

Cake, pound, commercially prepared, butter

Measure 2 = 28g: 1 piece (1/12 of 12 oz cake)

Calories Factors: Protein 4.2

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18451

Cake, pound, commercially prepared, fat-free

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	31.00		2		1		8.79	105.40	
Energy.....kcal	283		0	NC	4		80	962	
Energy.....kJ	1184		0		4		336	4026	
Protein (N x 6.1).....g	5.40		2		1		1.53	18.36	
Total lipid (fat).....g	1.20		2		1		0.34	4.08	
Ash.....g	1.50		2		1		0.43	5.10	
Carbohydrate, by difference.....g	61.00		0	NC	4		17.29	207.40	
Fiber, total dietary.....g	1.1		2		1		0.3	3.7	
Sugars, total.....g	34.34		0	FLA	4		9.74	116.76	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	43		2		1		12	146	
Iron, Fe.....mg	2.06		2		1		0.58	7.00	
Magnesium, Mg.....mg	10		2		1		3	34	
Phosphorus, P.....mg	146		2		1		41	496	
Potassium, K.....mg	110		2		1		31	374	
Sodium, Na.....mg	341		2		1		97	1159	
Zinc, Zn.....mg	0.31		2		1		0.09	1.05	
Copper, Cu.....mg	0.058		2		1		0.016	0.197	
Manganese, Mn.....mg	0.137		2		1		0.039	0.466	
Selenium, Se.....µg	5.3		0	FLA	4		1.5	18.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		2		1		0.0	0.0	
Thiamin.....mg	0.125		2		1		0.035	0.425	
Riboflavin.....mg	0.302		2		1		0.086	1.027	
Niacin.....mg	0.686		2		1		0.194	2.332	
Pantothenic acid.....mg	0.346		2		1		0.098	1.176	
Vitamin B-6.....mg	0.012		2		1		0.003	0.041	
Folate, total.....µg	43		0	FLA	4		12	145	
Folic acid.....µg	39		0		4		11	133	
Folate, food.....µg	4		2		1		1	14	
Folate, DFE.....mcg_DFE	70		0	NC	4		20	239	
Choline, total.....mg	6.8		0	FLC	4		1.9	23.2	
Betaine.....mg									
Vitamin B-12.....µg	0.00		2		1		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	29		0	NC	4		8	97	
Retinol.....µg	29		0	FLA	4		8	97	
Carotene, beta.....µg	0		0	FLA	4		0	0	
Carotene, alpha.....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	95		0	NC	4		27	324	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	2		0	FLA	4		1	6	
Vitamin E (alpha-tocopherol).....mg	0.01		0	FLA	4		0.00	0.05	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.1		0	FLA	4		0.0	0.4	
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									
Lipids:									

NDB No. 18451

Cake, pound, commercially prepared, fat-free

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.259		0		1		0.073	0.881	
4:0.....g	0.006		0		1		0.002	0.020	
6:0.....g	0.004		0		1		0.001	0.014	
8:0.....g	0.002		0		1		0.001	0.007	
10:0.....g	0.005		0		1		0.001	0.017	
12:0.....g	0.006		0		1		0.002	0.020	
13:0.....g									
14:0.....g	0.020		0		1		0.006	0.068	
15:0.....g									
16:0.....g	0.180		0		1		0.051	0.612	
17:0.....g									
18:0.....g	0.029		0		1		0.008	0.099	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.166		0		1		0.047	0.564	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0		1		0.002	0.024	
17:1.....g									
18:1 undifferentiated.....g	0.159		0		1		0.045	0.541	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.424		0		1		0.120	1.442	
18:2 undifferentiated.....g	0.398		0		1		0.113	1.353	
18:3 undifferentiated.....g	0.026		0		1		0.007	0.088	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.070		0		1		0.020	0.238	
Threonine.....g	0.214		0		1		0.061	0.728	
Isoleucine.....g	0.275		0		1		0.078	0.935	
Leucine.....g	0.434		0		1		0.123	1.476	
Lysine.....g	0.318		0		1		0.090	1.081	
Methionine.....g	0.149		0		1		0.042	0.507	
Cystine.....g	0.122		0		1		0.035	0.415	
Phenylalanine.....g	0.288		0		1		0.082	0.979	
Tyrosine.....g	0.197		0		1		0.056	0.670	
Valine.....g	0.312		0		1		0.088	1.061	
Arginine.....g	0.256		0		1		0.073	0.870	
Histidine.....g	0.120		0		1		0.034	0.408	
Alanine.....g	0.251		0		1		0.071	0.853	
Aspartic acid.....g	0.434		0		1		0.123	1.476	
Glutamic acid.....g	1.069		0		1		0.303	3.635	
Glycine.....g	0.178		0		1		0.050	0.605	
Proline.....g	0.358		0		1		0.101	1.217	
Serine.....g	0.333		0		1		0.094	1.132	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18451

Cake, pound, commercially prepared, fat-free

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Deriv	Source	Measure 1	Measure 2	Measure 3
			of Data	Code	Confidence			
			Points	Code	Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 340g: 1 cake

Calories Factors: Protein 4.2

Fat 8.4

Carbohydrate4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18121

Cake, pound, commercially prepared, other than all butter, enriched

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	23.10	0.847	13		1		6.93	6.47	16.40
Energy.....kcal	389		0	NC	4		117	109	276
Energy.....kJ	1628				4		488	456	1156
Protein (N x 6).....g	5.20	0.092	13		1		1.56	1.46	3.69
Total lipid (fat).....g	17.90	1.056	14		1		5.37	5.01	12.71
Ash.....g	1.40	0.110	12		1		0.42	0.39	0.99
Carbohydrate, by difference.....g	52.50		0	NC	4		15.75	14.70	37.28
Fiber, total dietary.....g	1.0		0		1		0.3	0.3	0.7
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	64	13.497	7		1		19	18	45
Iron, Fe.....mg	1.62	0.131	6		1		0.49	0.45	1.15
Magnesium, Mg.....mg	13	2.468	5		1		4	4	9
Phosphorus, P.....mg	134	10.038	6		1		40	38	95
Potassium, K.....mg	106	25.375	4		1		32	30	75
Sodium, Na.....mg	400	41.062	11		1		120	112	284
Zinc, Zn.....mg	0.39	0.024	4		1		0.12	0.11	0.28
Copper, Cu.....mg	0.054	0.012	4		1		0.016	0.015	0.038
Manganese, Mn.....mg	0.088	0.011	4		1		0.026	0.025	0.062
Selenium, Se.....µg	6.8		0	FLA	4		2.0	1.9	4.8
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	FLA	4		0.0	0.0	0.1
Thiamin.....mg	0.143	0.027	4		1		0.043	0.040	0.102
Riboflavin.....mg	0.260	0.010	4		1		0.078	0.073	0.185
Niacin.....mg	1.349	0.151	4		1		0.405	0.378	0.958
Pantothenic acid.....mg	0.285	0.053	3		1		0.086	0.080	0.202
Vitamin B-6.....mg	0.023		1		1		0.007	0.006	0.016
Folate, total.....µg	36		0	FLA	4		11	10	26
Folic acid.....µg	27		0	NC	4		8	8	19
Folate, food.....µg	9		0		4		3	3	6
Folate, DFE.....mcg_DFE	55		0	NC	4		16	15	39
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.14		1		1		0.04	0.04	0.10
Vitamin A, RAE.....mcg_RAE	35		0	NC	4		11	10	25
Retinol.....µg	35		0	NC	4		11	10	25
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	118		0	FLA	4		35	33	84
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	4.647		0	FLA	4		1.394	1.301	3.299
4:0.....g	0.001		0	FLA	4		0.000	0.000	0.001

Cake, pound, commercially prepared, other than all butter, enriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0.....g	0.001		0	FLA	4		0.000	0.000	0.001
10:0.....g	0.001		0	FLA	4		0.000	0.000	0.001
12:0.....g	0.001		0	FLA	4		0.000	0.000	0.001
13:0.....g									
14:0.....g	0.087		0	FLA	4		0.026	0.024	0.062
15:0.....g									
16:0.....g	2.478		0	FLA	4		0.743	0.694	1.759
17:0.....g									
18:0.....g	2.069		0	FLA	4		0.621	0.579	1.469
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	9.935		0	FLA	4		2.981	2.782	7.054
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.049		0	FLA	4		0.015	0.014	0.035
17:1.....g									
18:1 undifferentiated.....g	9.880		0	FLA	4		2.964	2.766	7.015
20:1.....g	0.004		0	FLA	4		0.001	0.001	0.003
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.251		0	FLA	4		0.675	0.630	1.598
18:2 undifferentiated.....g	2.114		0	FLA	4		0.634	0.592	1.501
18:3 undifferentiated.....g	0.108		0	FLA	4		0.032	0.030	0.077
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.023		0	FLA	4		0.007	0.006	0.016
20:5 n-3 (EPA).....g	0.001		0	FLA	4		0.000	0.000	0.001
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.006		0	FLA	4		0.002	0.002	0.004
Fatty acids, total trans.....g									
Cholesterol.....mg	58	25.910	6		1		17	16	41
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.069		0		1		0.021	0.019	0.049
Threonine.....g	0.196		0		1		0.059	0.055	0.139
Isoleucine.....g	0.244		0		1		0.073	0.068	0.173
Leucine.....g	0.403		0		1		0.121	0.113	0.286
Lysine.....g	0.283		0		1		0.085	0.079	0.201
Methionine.....g	0.125		0		1		0.038	0.035	0.089
Cystine.....g	0.111		0		1		0.033	0.031	0.079
Phenylalanine.....g	0.259		0		1		0.078	0.073	0.184
Tyrosine.....g	0.184		0		1		0.055	0.052	0.131
Valine.....g	0.276		0		1		0.083	0.077	0.196
Arginine.....g	0.247		0		1		0.074	0.069	0.175
Histidine.....g	0.115		0		1		0.035	0.032	0.082
Alanine.....g	0.216		0		1		0.065	0.060	0.153
Aspartic acid.....g	0.367		0		1		0.110	0.103	0.261
Glutamic acid.....g	1.194		0		1		0.358	0.334	0.848
Glycine.....g	0.170		0		1		0.051	0.048	0.121
Proline.....g	0.402		0		1		0.121	0.113	0.285
Serine.....g	0.323		0		1		0.097	0.090	0.229
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18121

Cake, pound, commercially prepared, other than all butter, enriched

Common Measures:

Measure 1 = 30g: 1 piece (1/10 of 10.6 oz cake)

Measure 2 = 28g: 1 piece (1/12 of 12 oz cake)

Measure 3 = 71g: 1 snack cake (2.5 oz)

Calories Factors: Protein 4.2

Fat 8.8

Carbohydrate4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18418

Cake, pound, commercially prepared, other than all butter, unenriched

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	23.10	0.847	13		1		6.93	6.47	16.40
Energy.....kcal	389		0	NC	4		117	109	276
Energy.....kJ	1628				4		488	456	1156
Protein (N x 6).....g	5.20	0.092	13		1		1.56	1.46	3.69
Total lipid (fat).....g	17.90	1.056	14		1		5.37	5.01	12.71
Ash.....g	1.40	0.110	12		1		0.42	0.39	0.99
Carbohydrate, by difference.....g	52.50		0		4		15.75	14.70	37.28
Fiber, total dietary.....g	1.0		0		4		0.3	0.3	0.7
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	64	13.497	7		1		19	18	45
Iron, Fe.....mg	0.60		0	BFZN	4		0.18	0.17	0.43
Magnesium, Mg.....mg	13	2.468	5		1		4	4	9
Phosphorus, P.....mg	134	10.038	6		1		40	38	95
Potassium, K.....mg	106	25.375	4		1		32	30	75
Sodium, Na.....mg	400	41.062	11		1		120	112	284
Zinc, Zn.....mg	0.39	0.024	4		1		0.12	0.11	0.28
Copper, Cu.....mg	0.054	0.012	4		1		0.016	0.015	0.038
Manganese, Mn.....mg	0.088	0.011	4		1		0.026	0.025	0.062
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0		4		0.0	0.0	0.1
Thiamin.....mg	0.024		0		4		0.007	0.007	0.017
Riboflavin.....mg	0.124		0		4		0.037	0.035	0.088
Niacin.....mg	0.342		0		4		0.103	0.096	0.243
Pantothenic acid.....mg	0.285	0.053	3		1		0.086	0.080	0.202
Vitamin B-6.....mg	0.023		1		1		0.007	0.006	0.016
Folate, total.....µg	9		0		4		3	3	6
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	9		0		4		3	3	6
Folate, DFE.....mcg_DFE	9		0	NC	4		3	3	6
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.14		1		1		0.04	0.04	0.10
Vitamin A, RAE.....mcg_RAE	35		0	NC	4		11	10	25
Retinol.....µg	35		0	NC	4		11	10	25
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	118		0	BFZN	4		35	33	84
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	4.647		0	BFZN	4		1.394	1.301	3.299
4:0.....g	0.001		0		4		0.000	0.000	0.001

NDB No. 18418

Cake, pound, commercially prepared, other than all butter, unenriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.001		0		4		0.000	0.000	0.001
10:0.....g	0.001		0		4		0.000	0.000	0.001
12:0.....g	0.001		0		4		0.000	0.000	0.001
13:0.....g									
14:0.....g	0.087		0	BFZN	4		0.026	0.024	0.062
15:0.....g									
16:0.....g	2.478		0	BFZN	4		0.743	0.694	1.759
17:0.....g									
18:0.....g	2.069		0	BFZN	4		0.621	0.579	1.469
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	9.935		0	BFZN	4		2.981	2.782	7.054
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.049		0	BFZN	4		0.015	0.014	0.035
17:1.....g									
18:1 undifferentiated.....g	9.880		0	BFZN	4		2.964	2.766	7.015
20:1.....g	0.004		0		4		0.001	0.001	0.003
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.251		0	BFZN	4		0.675	0.630	1.598
18:2 undifferentiated.....g	2.114		0	BFZN	4		0.634	0.592	1.501
18:3 undifferentiated.....g	0.108		0	BFZN	4		0.032	0.030	0.077
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.023		0	BFZN	4		0.007	0.006	0.016
20:5 n-3 (EPA).....g	0.001		0		4		0.000	0.000	0.001
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g	0.006		0		4		0.002	0.002	0.004
Fatty acids, total trans.....g									
Cholesterol.....mg	58	25.910	6		1		17	16	41
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.069		0		4		0.021	0.019	0.049
Threonine.....g	0.196		0		4		0.059	0.055	0.139
Isoleucine.....g	0.244		0		4		0.073	0.068	0.173
Leucine.....g	0.403		0		4		0.121	0.113	0.286
Lysine.....g	0.283		0		4		0.085	0.079	0.201
Methionine.....g	0.125		0		4		0.038	0.035	0.089
Cystine.....g	0.111		0		4		0.033	0.031	0.079
Phenylalanine.....g	0.259		0		4		0.078	0.073	0.184
Tyrosine.....g	0.184		0		4		0.055	0.052	0.131
Valine.....g	0.276		0		4		0.083	0.077	0.196
Arginine.....g	0.247		0		4		0.074	0.069	0.175
Histidine.....g	0.115		0		4		0.035	0.032	0.082
Alanine.....g	0.216		0		4		0.065	0.060	0.153
Aspartic acid.....g	0.367		0		4		0.110	0.103	0.261
Glutamic acid.....g	1.194		0		4		0.358	0.334	0.848
Glycine.....g	0.170		0		4		0.051	0.048	0.121
Proline.....g	0.402		0		4		0.121	0.113	0.285
Serine.....g	0.323		0		4		0.097	0.090	0.229
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 piece (1/10 of 10.6 oz cake)

NDB No. 18418

Cake, pound, commercially prepared, other than all butter, unenriched

Measure 2 = 28g: 1 piece (1/12 of 12 oz cake)

Measure 3 = 71g: 1 snack cake (2.5 oz)

Calories Factors: Protein 4.2

Fat 8.8

Carbohydrate4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18126

Cake, shortcake, biscuit-type, prepared from recipe

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	28.40		0		1		8.05		
Energy.....kcal	346		0	NC	4		98		
Energy.....kJ	1448				4		410		
Protein.....g	6.10		0		1		1.73		
Total lipid (fat).....g	14.20		0		1		4.03		
Ash.....g	2.80		0		1		0.79		
Carbohydrate, by difference.....g	48.50		0	NC	4		13.75		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	205		0		1		58		
Iron, Fe.....mg	2.54		0		1		0.72		
Magnesium, Mg.....mg	16		0		1		5		
Phosphorus, P.....mg	143		0		1		41		
Potassium, K.....mg	106		0		1		30		
Sodium, Na.....mg	506		0		1		143		
Zinc, Zn.....mg	0.48		0		1		0.14		
Copper, Cu.....mg	0.076		0		1		0.022		
Manganese, Mn.....mg	0.330		0		1		0.094		
Selenium, Se.....µg	17.0		0	RA	4		4.8		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		0		1		0.1		
Thiamin.....mg	0.311		0		1		0.088		
Riboflavin.....mg	0.272		0		1		0.077		
Niacin.....mg	2.573		0		1		0.729		
Pantothenic acid.....mg	0.248		0		1		0.070		
Vitamin B-6.....mg	0.030		0		1		0.009		
Folate, total.....µg	53		0	RA	4		15		
Folic acid.....µg	43		0	NC	4		12		
Folate, food.....µg	10		0		1		3		
Folate, DFE.....mcg_DFE	83		0	NC	4		24		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.07		0		1		0.02		
Vitamin A, RAE.....mcg_RAE	18		0	NC	4		5		
Retinol.....µg	17		0	NC	4		5		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	72		0		1		20		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	3.772		0		1		1.069		
4:0.....g	0.022		0		1		0.006		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
6:0.....g	0.013		0		1	0.004	
8:0.....g	0.008		0		1	0.002	
10:0.....g	0.017		0		1	0.005	
12:0.....g	0.020		0		1	0.006	
13:0.....g							
14:0.....g	0.122		0		1	0.035	
15:0.....g							
16:0.....g	2.095		0		1	0.594	
17:0.....g							
18:0.....g	1.472		0		1	0.417	
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	6.045		0		1	1.714	
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.016		0		1	0.005	
17:1.....g							
18:1 undifferentiated.....g	6.028		0		1	1.709	
20:1.....g	0.000		0		1	0.000	
22:1 undifferentiated.....g	0.000		0		1	0.000	
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	3.632		0		1	1.030	
18:2 undifferentiated.....g	3.402		0		1	0.964	
18:3 undifferentiated.....g	0.230		0		1	0.065	
18:4.....g	0.000		0		1	0.000	
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		1	0.000	
20:5 n-3 (EPA).....g	0.000		0		1	0.000	
22:5 n-3 (DPA).....g	0.000		0		1	0.000	
22:6 n-3 (DHA).....g	0.000		0		1	0.000	
Fatty acids, total trans.....g							
Cholesterol.....mg	3		0		1	1	
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.076		0		1	0.022	
Threonine.....g	0.184		0		1	0.052	
Isoleucine.....g	0.238		0		1	0.067	
Leucine.....g	0.449		0		1	0.127	
Lysine.....g	0.197		0		1	0.056	
Methionine.....g	0.115		0		1	0.033	
Cystine.....g	0.115		0		1	0.033	
Phenylalanine.....g	0.302		0		1	0.086	
Tyrosine.....g	0.203		0		1	0.058	
Valine.....g	0.273		0		1	0.077	
Arginine.....g	0.240		0		1	0.068	
Histidine.....g	0.140		0		1	0.040	
Alanine.....g	0.197		0		1	0.056	
Aspartic acid.....g	0.292		0		1	0.083	
Glutamic acid.....g	1.897		0		1	0.538	
Glycine.....g	0.201		0		1	0.057	
Proline.....g	0.681		0		1	0.193	
Serine.....g	0.307		0		1	0.087	
Hydroxyproline.....g							

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18126

Cake, shortcake, biscuit-type, prepared from recipe

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18127

Cake, snack cakes, creme-filled, chocolate with frosting

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	4.884		0	NC	4		1.385	2.442	
4:0.....g	0.000		2	A	1		0.000	0.000	
6:0.....g	0.000		2	A	1		0.000	0.000	
8:0.....g	0.000		2	A	1		0.000	0.000	
10:0.....g	0.000		2	A	1		0.000	0.000	
12:0.....g	0.005		2	A	1		0.001	0.003	
13:0.....g	0.000		2	A	1		0.000	0.000	
14:0.....g	0.159		2	A	1		0.045	0.079	
15:0.....g	0.021		2	A	1		0.006	0.010	
16:0.....g	2.632		2	A	1		0.746	1.316	
17:0.....g	0.062		2	A	1		0.018	0.031	
18:0.....g	1.930		2	A	1		0.547	0.965	
20:0.....g	0.046		2	A	1		0.013	0.023	
22:0.....g	0.030		2	A	1		0.009	0.015	
24:0.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	8.525		0	NC	4		2.417	4.262	
14:1.....g	0.036		2	A	1		0.010	0.018	
15:1.....g	0.005		2	A	1		0.001	0.003	
16:1 undifferentiated.....g	0.119		2	A	1		0.034	0.060	
17:1.....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated.....g	8.349		0	AS	1		2.367	4.174	
20:1.....g	0.016		2	A	1		0.004	0.008	
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	1.822		0	NC	4		0.517	0.911	
18:2 undifferentiated.....g	1.649		2	A	1		0.468	0.825	
18:3 undifferentiated.....g	0.173		0	AS	1		0.049	0.086	
18:3 n-3 c,c,c (ALA).....g	0.173		2	A	1		0.049	0.086	
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLC	4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.055		0	FLC	4		0.015	0.027	
Threonine.....g	0.156		0	FLC	4		0.044	0.078	
Isoleucine.....g	0.158		0	FLC	4		0.045	0.079	
Leucine.....g	0.261		0	FLC	4		0.074	0.130	
Lysine.....g	0.196		0	FLC	4		0.056	0.098	
Methionine.....g	0.053		0	FLC	4		0.015	0.027	
Cystine.....g	0.062		0	FLC	4		0.018	0.031	
Phenylalanine.....g	0.156		0	FLC	4		0.044	0.078	
Tyrosine.....g	0.116		0	FLC	4		0.033	0.058	
Valine.....g	0.194		0	FLC	4		0.055	0.097	
Arginine.....g	0.156		0	FLC	4		0.044	0.078	

NDB No. 18127

Cake, snack cakes, creme-filled, chocolate with frosting

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Histidine.....g	0.067		0	FLC	4		0.019	0.034	
Alanine.....g	0.150		0	FLC	4		0.043	0.075	
Aspartic acid.....g	0.296		0	FLC	4		0.084	0.148	
Glutamic acid.....g	0.768		0	FLC	4		0.218	0.384	
Glycine.....g	0.126		0	FLC	4		0.036	0.063	
Proline.....g	0.249		0	FLC	4		0.071	0.125	
Serine.....g	0.172		0	FLC	4		0.049	0.086	
Hydroxyproline.....g	0.000		2	A	1		0.000	0.000	
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	6		0	FLC	4		2	3	
Theobromine.....mg	215		0	FLC	4		61	108	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 50g: 1 cupcake

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18128

Cake, snack cakes, creme-filled, sponge

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	19.60		2	A	1		5.56	8.23	
Energy.....kcal	374		0	NC	4		106	157	
Energy.....kJ	1564		0	NC	4		443	657	
Protein.....g	3.47		2	A	1		0.98	1.46	
Total lipid (fat).....g	11.54		2	A	1		3.27	4.85	
Ash.....g	1.36		2	A	1		0.39	0.57	
Carbohydrate, by difference.....g	64.03		0	NC	4		18.15	26.89	
Fiber, total dietary.....g	1.0		2	A	1		0.3	0.4	
Sugars, total.....g	37.30		1	A	1		10.57	15.67	
Sucrose.....g	28.90		1	A	1		8.19	12.14	
Glucose (dextrose).....g	5.82		1	A	1		1.65	2.44	
Fructose.....g	2.54		1	A	1		0.72	1.07	
Lactose.....g	0.00		1	A	1		0.00	0.00	
Maltose.....g	0.00		1	A	1		0.00	0.00	
Galactose.....g									
Starch.....g	17.70		2	A	1		5.02	7.43	
Minerals:									
Calcium, Ca.....mg	24		2	A	1		7	10	
Iron, Fe.....mg	1.36		2	A	1		0.39	0.57	
Magnesium, Mg.....mg	8		2	A	1		2	4	
Phosphorus, P.....mg	185		2	A	1		52	78	
Potassium, K.....mg	71		2	A	1		20	30	
Sodium, Na.....mg	512		0	LC	8		145	215	
Zinc, Zn.....mg	0.60		2	A	1		0.17	0.25	
Copper, Cu.....mg	0.148		2	A	1		0.042	0.062	
Manganese, Mn.....mg	0.305		2	A	1		0.086	0.128	
Selenium, Se.....µg	3.5		2	A	1		1.0	1.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.181		2	A	1		0.051	0.076	
Riboflavin.....mg	0.168		2	A	1		0.048	0.071	
Niacin.....mg	1.549		2	A	1		0.439	0.651	
Pantothenic acid.....mg	0.226		2	A	1		0.064	0.095	
Vitamin B-6.....mg	0.000		2	A	1		0.000	0.000	
Folate, total.....µg	38		2	A	1		11	16	
Folic acid.....µg	24		2	A	1		7	10	
Folate, food.....µg	14		0	AS	1		4	6	
Folate, DFE.....µcg_DFE	54		0	NC	4		15	23	
Choline, total.....mg	37.8		0	AS	1		10.7	15.9	
Betaine.....mg	12.4		1	A	1		3.5	5.2	
Vitamin B-12.....µg	0.19		0	FLA	4		0.05	0.08	
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE.....µcg_RAE	5		0	NC	4		1	2	
Retinol.....µg	5		0	FLA	4		1	2	
Carotene, beta.....µg	0		0	FLA	4		0	0	
Carotene, alpha.....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	17		0	FLA	4		5	7	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	9		0	FLA	4		3	4	
Vitamin E (alpha-tocopherol).....mg	0.62		2	A	1		0.18	0.26	
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta.....mg	0.02		2	A	1		0.00	0.01	
Tocopherol, gamma.....mg	2.67		2	A	1		0.76	1.12	
Tocopherol, delta.....mg	0.75		2	A	1		0.21	0.32	
Vitamin D (D2 + D3).....µg	0.1		0	FLA	4		0.0	0.1	

NDB No. 18128

Cake, snack cakes, creme-filled, sponge

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....µg	5		0	FLA	4		1	2	
Vitamin K (phylloquinone).....µg	9.7		2	A	1		2.8	4.1	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	4.139		0	NC	4		1.173	1.738	
4:0.....g	0.000		2	A	1		0.000	0.000	
6:0.....g	0.000		2	A	1		0.000	0.000	
8:0.....g	0.000		2	A	1		0.000	0.000	
10:0.....g	0.000		2	A	1		0.000	0.000	
12:0.....g	0.000		2	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.122		2	A	1		0.035	0.051	
15:0.....g	0.020		2	A	1		0.006	0.008	
16:0.....g	1.981		2	A	1		0.562	0.832	
17:0.....g	0.058		2	A	1		0.016	0.024	
18:0.....g	1.888		2	A	1		0.535	0.793	
20:0.....g	0.040		2	A	1		0.011	0.017	
22:0.....g	0.030		2	A	1		0.008	0.013	
24:0.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total monounsaturated.....g	4.906		0	NC	4		1.391	2.060	
14:1.....g	0.027		2	A	1		0.008	0.011	
15:1.....g									
16:1 undifferentiated.....g	0.121		0	AS	1		0.034	0.051	
17:1.....g									
18:1 undifferentiated.....g	4.739		0	AS	1		1.343	1.990	
20:1.....g	0.019		2	A	1		0.005	0.008	
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.860		0	NC	4		0.527	0.781	
18:2 undifferentiated.....g	1.729		0	AS	1		0.490	0.726	
18:3 undifferentiated.....g	0.131		0	AS	1		0.037	0.055	
18:4.....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		2	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans.....g	1.621		0	NC	4		0.459	0.681	
Cholesterol.....mg	41		0	FLA	4		11	17	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.038		0	FLA	4		0.011	0.016	
Threonine.....g	0.120		0	FLA	4		0.034	0.051	
Isoleucine.....g	0.139		0	FLA	4		0.039	0.058	
Leucine.....g	0.240		0	FLA	4		0.068	0.101	
Lysine.....g	0.164		0	FLA	4		0.047	0.069	
Methionine.....g	0.065		0	FLA	4		0.018	0.027	
Cystine.....g	0.070		0	FLA	4		0.020	0.030	
Phenylalanine.....g	0.138		0	FLA	4		0.039	0.058	
Tyrosine.....g	0.079		0	FLA	4		0.022	0.033	
Valine.....g	0.165		0	FLA	4		0.047	0.069	
Arginine.....g	0.141		0	FLA	4		0.040	0.059	
Histidine.....g	0.066		0	FLA	4		0.019	0.028	
Alanine.....g	0.134		0	FLA	4		0.038	0.056	
Aspartic acid.....g	0.232		0	FLA	4		0.066	0.098	
Glutamic acid.....g	0.662		0	FLA	4		0.188	0.278	
Glycine.....g	0.097		0	FLA	4		0.028	0.041	

NDB No. 18128

Cake, snack cakes, creme-filled, sponge

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proline.....g	0.221		0	FLA	4		0.063	0.093	
Serine.....g	0.174		0	FLA	4		0.049	0.073	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 42g: 1 cake

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18452

Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	22.80		1		1		6.46	9.80	
Energy.....kcal	305		0	NC	4		86	131	
Energy.....kJ	1276				4		362	549	
Protein (N x 5.8).....g	4.30		1		1		1.22	1.85	
Total lipid (fat).....g	3.70		1		1		1.05	1.59	
Ash.....g	2.00		1		1		0.57	0.86	
Carbohydrate, by difference.....g	67.20		0	NC	4		19.05	28.90	
Fiber, total dietary.....g	4.3		1		1		1.2	1.8	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	36		1		1		10	15	
Iron, Fe.....mg	1.54		1		1		0.44	0.66	
Magnesium, Mg.....mg	25		1		1		7	11	
Phosphorus, P.....mg	183		1		1		52	79	
Potassium, K.....mg	224		1		1		64	96	
Sodium, Na.....mg	413		1		1		117	178	
Zinc, Zn.....mg	0.55		1		1		0.16	0.24	
Copper, Cu.....mg	0.176		1		1		0.050	0.076	
Manganese, Mn.....mg	0.223		1		1		0.063	0.096	
Selenium, Se.....µg	5.5		0	FLA	4		1.6	2.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0	0.0	
Thiamin.....mg	0.035		1		1		0.010	0.015	
Riboflavin.....mg	0.133		1		1		0.038	0.057	
Niacin.....mg	0.715		1		1		0.203	0.307	
Pantothenic acid.....mg	0.241		1		1		0.068	0.104	
Vitamin B-6.....mg	0.007		1		1		0.002	0.003	
Folate, total.....µg	15		0	FLA	4		4	6	
Folic acid.....µg	10		0	NC	4		3	4	
Folate, food.....µg	5		1		1		1	2	
Folate, DFE.....mcg_DFE	22		0	NC	4		6	9	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		1		1		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		1		1		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.084		0		1		0.307	0.466	
4:0.....g	0.001		0		1		0.000	0.000	

NDB No. 18452

Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.001		0		1		0.000	0.000	
12:0.....g	0.001		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.017		0		1		0.005	0.007	
15:0.....g									
16:0.....g	0.553		0		1		0.157	0.238	
17:0.....g									
18:0.....g	0.509		0		1		0.144	0.219	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.849		0		1		0.524	0.795	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	1.848		0		1		0.524	0.795	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.487		0		1		0.138	0.209	
18:2 undifferentiated.....g	0.462		0		1		0.131	0.199	
18:3 undifferentiated.....g	0.025		0		1		0.007	0.011	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.061		0		1		0.017	0.026	
Threonine.....g	0.165		0		1		0.047	0.071	
Isoleucine.....g	0.207		0		1		0.059	0.089	
Leucine.....g	0.332		0		1		0.094	0.143	
Lysine.....g	0.232		0		1		0.066	0.100	
Methionine.....g	0.105		0		1		0.030	0.045	
Cystine.....g	0.096		0		1		0.027	0.041	
Phenylalanine.....g	0.229		0		1		0.065	0.098	
Tyrosine.....g	0.153		0		1		0.043	0.066	
Valine.....g	0.242		0		1		0.069	0.104	
Arginine.....g	0.206		0		1		0.058	0.089	
Histidine.....g	0.093		0		1		0.026	0.040	
Alanine.....g	0.192		0		1		0.054	0.083	
Aspartic acid.....g	0.329		0		1		0.093	0.141	
Glutamic acid.....g	0.973		0		1		0.276	0.418	
Glycine.....g	0.153		0		1		0.043	0.066	
Proline.....g	0.319		0		1		0.090	0.137	
Serine.....g	0.257		0		1		0.073	0.111	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	2		0	FLA	4		1	1	
Theobromine.....mg	83		0	FLA	4		24	36	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18452

Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 43g: 1 cupcake

Calories Factors: Protein 4

Fat 8.7

Carbohydrate 3.8

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18133

Cake, sponge, commercially prepared

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	29.70		0		1		8.42	11.29	
Energy.....kcal	289		0	NC	4		82	110	
Energy.....kJ	1209		0		4		343	459	
Protein (N x 0).....g	5.40		0		1		1.53	2.05	
Total lipid (fat).....g	2.70		0		1		0.77	1.03	
Ash.....g	1.20		0		1		0.34	0.46	
Carbohydrate, by difference.....g	61.10		0	NC	4		17.32	23.22	
Fiber, total dietary.....g	0.5		0		4		0.2	0.2	
Sugars, total.....g	36.66		0	FLA	4		10.39	13.93	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	70		0		1		20	27	
Iron, Fe.....mg	2.72		0		1		0.77	1.03	
Magnesium, Mg.....mg	11		0		1		3	4	
Phosphorus, P.....mg	137		0		1		39	52	
Potassium, K.....mg	99		0		1		28	38	
Sodium, Na.....mg	141		0	LC	8		40	54	
Zinc, Zn.....mg	0.51		0		1		0.14	0.19	
Copper, Cu.....mg	0.062		0		1		0.018	0.024	
Manganese, Mn.....mg	0.210		0		1		0.060	0.080	
Selenium, Se.....µg	9.1		0	FLA	4		2.6	3.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.243		0		1		0.069	0.092	
Riboflavin.....mg	0.269		0		1		0.076	0.102	
Niacin.....mg	1.932		0		1		0.548	0.734	
Pantothenic acid.....mg	0.478		0		1		0.136	0.182	
Vitamin B-6.....mg	0.052		0		1		0.015	0.020	
Folate, total.....µg	47		0	FLA	4		13	18	
Folic acid.....µg	34		0		4		10	13	
Folate, food.....µg	13		0		1		4	5	
Folate, DFE.....mcg_DFE	71		0	NC	4		20	27	
Choline, total.....mg	55.1		0	FLC	4		15.6	20.9	
Betaine.....mg									
Vitamin B-12.....µg	0.24		0		1		0.07	0.09	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	44		0	NC	4		12	17	
Retinol.....µg	44		0	FLA	4		12	17	
Carotene, beta.....µg	4		0	FLA	4		1	1	
Carotene, alpha.....µg	1		0	FLA	4		0	0	
Cryptoxanthin, beta.....µg	2		0	FLA	4		1	1	
Vitamin A, IU.....IU	154		0	NC	4		44	58	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	85		0	FLA	4		24	32	
Vitamin E (alpha-tocopherol).....mg	0.24		0	FLA	4		0.07	0.09	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.3		0	FLA	4		0.1	0.1	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	12		0	FLA	4		3	5	
Vitamin K (phylloquinone).....µg	0.2		0	FLA	4		0.0	0.1	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code				
Fatty acids, total saturated.....g	0.802		0		4		0.227	0.305
4:0.....g	0.001		0		4		0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000
8:0.....g	0.001		0		4		0.000	0.000
10:0.....g	0.001		0		4		0.000	0.000
12:0.....g	0.001		0		4		0.000	0.000
13:0.....g								
14:0.....g	0.011		0		4		0.003	0.004
15:0.....g								
16:0.....g	0.580		0		4		0.164	0.220
17:0.....g								
18:0.....g	0.193		0		4		0.055	0.073
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.949		0		4		0.269	0.361
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.073		0		4		0.021	0.028
17:1.....g								
18:1 undifferentiated.....g	0.867		0		4		0.246	0.329
20:1.....g	0.007		0		4		0.002	0.003
22:1 undifferentiated.....g	0.001		0		4		0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.448		0		4		0.127	0.170
18:2 undifferentiated.....g	0.389		0		4		0.110	0.148
18:3 undifferentiated.....g	0.015		0		4		0.004	0.006
18:4.....g	0.000		0		4		0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.034		0		4		0.010	0.013
20:5 n-3 (EPA).....g	0.001		0		4		0.000	0.000
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000
22:6 n-3 (DHA).....g	0.009		0		4		0.003	0.003
Fatty acids, total trans.....g								
Cholesterol.....mg	102		0		1		29	39
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.072		0		1		0.020	0.027
Threonine.....g	0.213		0		1		0.060	0.081
Isoleucine.....g	0.251		0		1		0.071	0.095
Leucine.....g	0.419		0		1		0.119	0.159
Lysine.....g	0.297		0		1		0.084	0.113
Methionine.....g	0.126		0		1		0.036	0.048
Cystine.....g	0.119		0		1		0.034	0.045
Phenylalanine.....g	0.263		0		1		0.075	0.100
Tyrosine.....g	0.187		0		1		0.053	0.071
Valine.....g	0.281		0		1		0.080	0.107
Arginine.....g	0.264		0		1		0.075	0.100
Histidine.....g	0.119		0		1		0.034	0.045
Alanine.....g	0.231		0		1		0.065	0.088
Aspartic acid.....g	0.391		0		1		0.111	0.149
Glutamic acid.....g	1.223		0		1		0.347	0.465
Glycine.....g	0.178		0		1		0.050	0.068
Proline.....g	0.403		0		1		0.114	0.153
Serine.....g	0.342		0		1		0.097	0.130
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0
Theobromine.....mg	0		0	FLA	4		0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18133

Cake, sponge, commercially prepared

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 38g: 1 piece (1/12 of 16 oz cake)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18134

Cake, sponge, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g			0		1		0.000	0.001	
8:0.....g	0.001		0		1		0.000	0.001	
10:0.....g	0.001		0		1		0.000	0.001	
12:0.....g	0.001		0		1		0.000	0.001	
13:0.....g									
14:0.....g	0.014		0		1		0.004	0.009	
15:0.....g									
16:0.....g	0.943		0		1		0.267	0.594	
17:0.....g									
18:0.....g	0.322		0		1		0.091	0.203	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.576		0		1		0.447	0.993	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.122		0		1		0.035	0.077	
17:1.....g									
18:1 undifferentiated.....g	1.439		0		1		0.408	0.907	
20:1.....g	0.011		0		1		0.003	0.007	
22:1 undifferentiated.....g	0.001		0		1		0.000	0.001	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.649		0		1		0.184	0.409	
18:2 undifferentiated.....g	0.556		0		1		0.158	0.350	
18:3 undifferentiated.....g	0.019		0		1		0.005	0.012	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.058		0		1		0.016	0.037	
20:5 n-3 (EPA).....g	0.001		0		1		0.000	0.001	
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g	0.015		0		1		0.004	0.009	
Fatty acids, total trans.....g									
Cholesterol.....mg	170		0		1		48	107	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.089		0		1		0.025	0.056	
Threonine.....g	0.308		0		1		0.087	0.194	
Isoleucine.....g	0.350		0		1		0.099	0.221	
Leucine.....g	0.590		0		1		0.167	0.372	
Lysine.....g	0.418		0		1		0.119	0.263	
Methionine.....g	0.192		0		1		0.054	0.121	
Cystine.....g	0.161		0		1		0.046	0.101	
Phenylalanine.....g	0.374		0		1		0.106	0.236	
Tyrosine.....g	0.277		0		1		0.079	0.175	
Valine.....g	0.395		0		1		0.112	0.249	
Arginine.....g	0.404		0		1		0.115	0.255	
Histidine.....g	0.172		0		1		0.049	0.108	
Alanine.....g	0.350		0		1		0.099	0.221	
Aspartic acid.....g	0.600		0		1		0.170	0.378	
Glutamic acid.....g	1.427		0		1		0.405	0.899	
Glycine.....g	0.250		0		1		0.071	0.158	
Proline.....g	0.468		0		1		0.133	0.295	
Serine.....g	0.498		0		1		0.141	0.314	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18134

Cake, sponge, prepared from recipe

Measure 2 = 63g: 1 piece (1/12 of 10 inch cake)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18135

Cake, white, dry mix, pudding-type, enriched

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.50	0.045	16		1		0.99	18.34	
Energy.....kcal	423		0	NC	4		120	2217	
Energy.....kJ	1770		0		4		502	9274	
Protein (N x 5.8).....g	3.90	0.115	16		1		1.11	20.44	
Total lipid (fat).....g	9.50	0.171	16		1		2.69	49.78	
Ash.....g	2.20	0.011	13		1		0.62	11.53	
Carbohydrate, by difference.....g	81.00		0		4		22.96	424.44	
Fiber, total dietary.....g	0.7		0	RA	4		0.2	3.7	
Sugars, total.....g	48.95		0	FLA	4		13.88	256.48	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	77	1.400	16		1		22	403	
Iron, Fe.....mg	1.36	0.031	8		1		0.39	7.13	
Magnesium, Mg.....mg	9	0.141	16		1		3	47	
Phosphorus, P.....mg	277	6.455	16		1		79	1451	
Potassium, K.....mg	72	9.520	8		1		20	377	
Sodium, Na.....mg	665	4.266	8		1		189	3485	
Zinc, Zn.....mg	0.25	0.004	13		1		0.07	1.31	
Copper, Cu.....mg	0.056	0.003	7		1		0.016	0.293	
Manganese, Mn.....mg	0.278		0	FLA	4		0.079	1.457	
Selenium, Se.....µg	2.7		0	FLA	4		0.8	14.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.280	0.015	5		1		0.079	1.467	
Riboflavin.....mg	0.180	0.015	8		1		0.051	0.943	
Niacin.....mg	2.425	0.129	8		1		0.687	12.707	
Pantothenic acid.....mg	0.233		0	FLA	4		0.066	1.221	
Vitamin B-6.....mg	0.018		0	FLA	4		0.005	0.094	
Folate, total.....µg	91		1	AI	13		26	477	
Folic acid.....µg	87		0		4		25	456	
Folate, food.....µg	4		0		4		1	21	
Folate, DFE.....mcg_DFE	152		0	NC	4		43	796	
Choline, total.....mg	6.2		0	FLC	4		1.7	32.3	
Betaine.....mg									
Vitamin B-12.....µg	0.04		0	FLA	4		0.01	0.21	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	FLA	4		0	0	
Carotene, beta.....µg	0		0	FLA	4		0	0	
Carotene, alpha.....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	0		0	FLA	4		0	0	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	1		0	FLA	4		0	5	
Vitamin E (alpha-tocopherol).....mg	0.08		0	FLA	4		0.02	0.42	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	4.1		0	FLA	4		1.1	21.2	
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									
Lipids:									

Cake, white, dry mix, pudding-type, enriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code				
Fatty acids, total saturated.....g	2.340		0	FLA	4	0.663	12.262	
4:0.....g	0.001		0		4	0.000	0.005	
6:0.....g	0.000		0		4	0.000	0.000	
8:0.....g	0.000		0		4	0.000	0.000	
10:0.....g	0.000		0		4	0.000	0.000	
12:0.....g	0.001		0		4	0.000	0.005	
13:0.....g								
14:0.....g	0.048		0		4	0.014	0.252	
15:0.....g								
16:0.....g	1.234		0		4	0.350	6.466	
17:0.....g								
18:0.....g	1.106		0		4	0.314	5.795	
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	4.092		0	FLA	4	1.160	21.442	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.002		0	FLA	4	0.001	0.010	
17:1.....g								
18:1 undifferentiated.....g	4.091		0	FLA	4	1.160	21.437	
20:1.....g	0.000		0	RA	4	0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RA	4	0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	2.544		0	FLA	4	0.721	13.331	
18:2 undifferentiated.....g	1.180		0		4	0.335	6.183	
18:3 undifferentiated.....g	0.064		0		4	0.018	0.335	
18:4.....g	0.000		0	RA	4	0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	RA	4	0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	RA	4	0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	RA	4	0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	RA	4	0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0		4	0	0	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.055		0		4	0.016	0.288	
Threonine.....g	0.119		0		4	0.034	0.624	
Isoleucine.....g	0.162		0		4	0.046	0.849	
Leucine.....g	0.284		0		4	0.081	1.488	
Lysine.....g	0.165		0		4	0.047	0.865	
Methionine.....g	0.071		0		4	0.020	0.372	
Cystine.....g	0.075		0		4	0.021	0.393	
Phenylalanine.....g	0.183		0		4	0.052	0.959	
Tyrosine.....g	0.123		0		4	0.035	0.645	
Valine.....g	0.185		0		4	0.052	0.969	
Arginine.....g	0.146		0		4	0.041	0.765	
Histidine.....g	0.083		0		4	0.024	0.435	
Alanine.....g	0.119		0		4	0.034	0.624	
Aspartic acid.....g	0.184		0		4	0.052	0.964	
Glutamic acid.....g	1.194		0		4	0.338	6.257	
Glycine.....g	0.122		0		4	0.035	0.639	
Proline.....g	0.421		0		4	0.119	2.206	
Serine.....g	0.204		0		4	0.058	1.069	
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	RA	4	0.0	0.0	
Caffeine.....mg	0		0	FLA	4	0	0	
Theobromine.....mg	0		0	FLA	4	0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18135

Cake, white, dry mix, pudding-type, enriched

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 524g: 1 package (18.50 oz)

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18419

Cake, white, dry mix, pudding-type, unenriched

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.50	0.045	16		1		0.99	18.34	
Energy.....kcal	423		0	NC	4		120	2217	
Energy.....kJ	1770				4		502	9274	
Protein (N x 5.8).....g	3.90	0.115	16		1		1.11	20.44	
Total lipid (fat).....g	9.50	0.171	16		1		2.69	49.78	
Ash.....g	2.20	0.011	13		1		0.62	11.53	
Carbohydrate, by difference.....g	81.00		0		4		22.96	424.44	
Fiber, total dietary.....g	0.7		0	BFZN	4		0.2	3.7	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	77	1.400	16		1		22	403	
Iron, Fe.....mg	0.52		0		4		0.15	2.72	
Magnesium, Mg.....mg	9	0.141	16		1		3	47	
Phosphorus, P.....mg	277	6.455	16		1		79	1451	
Potassium, K.....mg	72	9.520	8		1		20	377	
Sodium, Na.....mg	665	4.266	8		1		189	3485	
Zinc, Zn.....mg	0.25	0.004	13		1		0.07	1.31	
Copper, Cu.....mg	0.056	0.003	7		1		0.016	0.293	
Manganese, Mn.....mg	0.278		0	BFZN	4		0.079	1.457	
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	
Thiamin.....mg	0.080		0		4		0.023	0.419	
Riboflavin.....mg	0.060		0		4		0.017	0.314	
Niacin.....mg	0.970		0		4		0.275	5.083	
Pantothenic acid.....mg	0.233		0	BFZN	4		0.066	1.221	
Vitamin B-6.....mg	0.018		0	BFZN	4		0.005	0.094	
Folate, total.....µg	9		0		4		3	47	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	9		0		4		3	47	
Folate, DFE.....mcg_DFE	9		0	NC	4		3	47	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.04		0	BFZN	4		0.01	0.21	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	BFZN	4		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	2.340		0	BFZN	4		0.663	12.262	
4:0.....g	0.000		0		4		0.000	0.000	

NDB No. 18419

Cake, white, dry mix, pudding-type, unenriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0	BFZN	4		0.000	0.000	
13:0.....g									
14:0.....g	0.038		0	BFZN	4		0.011	0.199	
15:0.....g									
16:0.....g	1.338		0	BFZN	4		0.379	7.011	
17:0.....g									
18:0.....g	0.970		0	BFZN	4		0.275	5.083	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.092		0	BFZN	4		1.160	21.442	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	BFZN	4		0.001	0.010	
17:1.....g									
18:1 undifferentiated.....g	4.091		0	BFZN	4		1.160	21.437	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.544		0	BFZN	4		0.721	13.331	
18:2 undifferentiated.....g	2.389		0	BFZN	4		0.677	12.518	
18:3 undifferentiated.....g	0.156		0	BFZN	4		0.044	0.817	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.055		0		4		0.016	0.288	
Threonine.....g	0.119		0		4		0.034	0.624	
Isoleucine.....g	0.162		0		4		0.046	0.849	
Leucine.....g	0.284		0		4		0.081	1.488	
Lysine.....g	0.165		0		4		0.047	0.865	
Methionine.....g	0.071		0		4		0.020	0.372	
Cystine.....g	0.075		0		4		0.021	0.393	
Phenylalanine.....g	0.183		0		4		0.052	0.959	
Tyrosine.....g	0.123		0		4		0.035	0.645	
Valine.....g	0.185		0		4		0.052	0.969	
Arginine.....g	0.146		0		4		0.041	0.765	
Histidine.....g	0.083		0		4		0.024	0.435	
Alanine.....g	0.119		0		4		0.034	0.624	
Aspartic acid.....g	0.184		0		4		0.052	0.964	
Glutamic acid.....g	1.194		0		4		0.338	6.257	
Glycine.....g	0.122		0		4		0.035	0.639	
Proline.....g	0.421		0		4		0.119	2.206	
Serine.....g	0.204		0		4		0.058	1.069	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18419

Cake, white, dry mix, pudding-type, unenriched

Measure 2 = 524g: 1 package (18.50 oz)

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18137
Cake, white, dry mix, regular

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	4.00	0.095	20		1		1.13	20.96	
Energy.....kcal	426		0	NC	4		121	2232	
Energy.....kJ	1782		0		4		505	9340	
Protein (N x 5.8).....g	4.50	0.079	20		1		1.28	23.58	
Total lipid (fat).....g	10.90	0.379	20		1		3.09	57.12	
Ash.....g	2.70	0.127	12		1		0.77	14.15	
Carbohydrate, by difference.....g	78.00		0	NC	4		22.11	408.72	
Fiber, total dietary.....g	0.9		0		4		0.3	4.9	
Sugars, total.....g	54.51		0	FLA	4		15.45	285.63	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	192	5.765	6		1		54	1006	
Iron, Fe.....mg	1.39	0.057	15		1		0.39	7.28	
Magnesium, Mg.....mg	11	0.645	12		1		3	58	
Phosphorus, P.....mg	337	12.694	17		1		96	1766	
Potassium, K.....mg	117	13.652	8		1		33	613	
Sodium, Na.....mg	664	13.701	15		1		188	3479	
Zinc, Zn.....mg	0.46	0.105	12		1		0.13	2.41	
Copper, Cu.....mg	0.081	0.006	12		1		0.023	0.424	
Manganese, Mn.....mg	0.205		0	FLA	4		0.058	1.074	
Selenium, Se.....µg	8.6		0	FLA	4		2.4	45.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		0	FLA	4		0.1	1.6	
Thiamin.....mg	0.235	0.025	4		1		0.067	1.231	
Riboflavin.....mg	0.197	0.013	9		1		0.056	1.032	
Niacin.....mg	1.080	0.385	9		1		0.306	5.659	
Pantothenic acid.....mg	0.294		0	FLA	4		0.083	1.541	
Vitamin B-6.....mg	0.028		0	FLA	4		0.008	0.147	
Folate, total.....µg	91		1	AI	13		26	477	
Folic acid.....µg	80		0		4		23	419	
Folate, food.....µg	11		0		4		3	58	
Folate, DFE.....mcg_DFE	147		0	NC	4		42	770	
Choline, total.....mg	6.2		0	BFZN	4		1.7	32.3	
Betaine.....mg									
Vitamin B-12.....µg	0.18		0	FLA	4		0.05	0.94	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	2	
Retinol.....µg	0		0	FLA	4		0	1	
Carotene, beta.....µg	0		0	FLA	4		0	0	
Carotene, alpha.....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	2		0	FLA	4		1	10	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	3		0	FLA	4		1	15	
Vitamin E (alpha-tocopherol).....mg	0.87		0	FLA	4		0.25	4.55	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	2.7		0	FLA	4		0.8	14.2	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 18137
Cake, white, dry mix, regular

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.643		0	FLA	4		0.466	8.609	
4:0.....g	0.001		0	FLA	4		0.000	0.005	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.001		0	FLA	4		0.000	0.005	
12:0.....g	0.001		0	FLA	4		0.000	0.005	
13:0.....g									
14:0.....g	0.014		0	FLA	4		0.004	0.073	
15:0.....g									
16:0.....g	1.089		0	FLA	4		0.309	5.706	
17:0.....g									
18:0.....g	0.535		0	FLA	4		0.152	2.803	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.585		0	FLA	4		1.300	24.025	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.044		0	FLA	4		0.012	0.231	
17:1.....g									
18:1 undifferentiated.....g	4.530		0	FLA	4		1.284	23.737	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.101		0	FLA	4		1.163	21.489	
18:2 undifferentiated.....g	3.808		0	FLA	4		1.080	19.954	
18:3 undifferentiated.....g	0.282		0	FLA	4		0.080	1.478	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.060		0		1		0.017	0.314	
Threonine.....g	0.138		0		1		0.039	0.723	
Isoleucine.....g	0.182		0		1		0.052	0.954	
Leucine.....g	0.332		0		1		0.094	1.740	
Lysine.....g	0.165		0		1		0.047	0.865	
Methionine.....g	0.084		0		1		0.024	0.440	
Cystine.....g	0.087		0		1		0.025	0.456	
Phenylalanine.....g	0.221		0		1		0.063	1.158	
Tyrosine.....g	0.148		0		1		0.042	0.776	
Valine.....g	0.208		0		1		0.059	1.090	
Arginine.....g	0.176		0		1		0.050	0.922	
Histidine.....g	0.101		0		1		0.029	0.529	
Alanine.....g	0.143		0		1		0.041	0.749	
Aspartic acid.....g	0.218		0		1		0.062	1.142	
Glutamic acid.....g	1.397		0		1		0.396	7.320	
Glycine.....g	0.146		0		1		0.041	0.765	
Proline.....g	0.498		0		1		0.141	2.610	
Serine.....g	0.231		0		1		0.065	1.210	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18137
Cake, white, dry mix, regular

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Deriv	Source	Measure 1	Measure 2	Measure 3
			of Data	Code	Confidence			
			Points	Code	Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 524g: 1 package (18.50 oz)

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18131

Cake, white, dry mix, special dietary (includes lemon-flavored)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	6.00		2		1		1.70	13.62	
Energy.....kcal	397		0	NC	4		113	901	
Energy.....kJ	1661				4		471	3771	
Protein (N x 5.7).....g	3.00		2		1		0.85	6.81	
Total lipid (fat).....g	8.40		2		1		2.38	19.07	
Ash.....g	2.90		2		1		0.82	6.58	
Carbohydrate, by difference.....g	79.60		0		4		22.57	180.69	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	26		2		1		7	59	
Iron, Fe.....mg	1.99		2		1		0.56	4.52	
Magnesium, Mg.....mg	10		2		1		3	23	
Phosphorus, P.....mg	296		2		1		84	672	
Potassium, K.....mg	149		2		1		42	338	
Sodium, Na.....mg	260		2		1		74	590	
Zinc, Zn.....mg	0.30		2		1		0.09	0.68	
Copper, Cu.....mg	0.057		2		1		0.016	0.129	
Manganese, Mn.....mg	0.300		0	FLA	4		0.085	0.681	
Selenium, Se.....µg	2.5		0	FLA	4		0.7	5.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		2		1		0.0	0.0	
Thiamin.....mg	0.289		2		1		0.082	0.656	
Riboflavin.....mg	0.179		2		1		0.051	0.406	
Niacin.....mg	2.395		2		1		0.679	5.437	
Pantothenic acid.....mg	0.196		2		1		0.056	0.445	
Vitamin B-6.....mg	0.018		2		1		0.005	0.041	
Folate, total.....µg	69		0	FLA	4		20	157	
Folic acid.....µg	60		0	NC	4		17	136	
Folate, food.....µg	9		2		1		3	20	
Folate, DFE.....mcg_DFE	111		0	NC	4		31	252	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		2		1		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		2		1		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.251		0	FLA	4		0.355	2.840	
4:0.....g	0.000		0	FLA	4		0.000	0.000	

NDB No. 18131

Cake, white, dry mix, special dietary (includes lemon-flavored)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.008		0	FLA	4		0.002	0.018	
15:0.....g									
16:0.....g	0.836		0	FLA	4		0.237	1.898	
17:0.....g									
18:0.....g	0.403		0	FLA	4		0.114	0.915	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.480		0	FLA	4		0.987	7.900	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.033		0	FLA	4		0.009	0.075	
17:1.....g									
18:1 undifferentiated.....g	3.439		0	FLA	4		0.975	7.807	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.183		0	FLA	4		0.902	7.225	
18:2 undifferentiated.....g	2.957		0	FLA	4		0.838	6.712	
18:3 undifferentiated.....g	0.218		0	FLA	4		0.062	0.495	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		2		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.044		0		4		0.012	0.100	
Threonine.....g	0.084		0		4		0.024	0.191	
Isoleucine.....g	0.115		0		4		0.033	0.261	
Leucine.....g	0.206		0		4		0.058	0.468	
Lysine.....g	0.105		0		4		0.030	0.238	
Methionine.....g	0.051		0		4		0.014	0.116	
Cystine.....g	0.066		0		4		0.019	0.150	
Phenylalanine.....g	0.144		0		4		0.041	0.327	
Tyrosine.....g	0.087		0		4		0.025	0.197	
Valine.....g	0.133		0		4		0.038	0.302	
Arginine.....g	0.116		0		4		0.033	0.263	
Histidine.....g	0.062		0		4		0.018	0.141	
Alanine.....g	0.092		0		4		0.026	0.209	
Aspartic acid.....g	0.127		0		4		0.036	0.288	
Glutamic acid.....g	1.002		0		4		0.284	2.275	
Glycine.....g	0.103		0		4		0.029	0.234	
Proline.....g	0.338		0		4		0.096	0.767	
Serine.....g	0.160		0		4		0.045	0.363	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18131

Cake, white, dry mix, special dietary (includes lemon-flavored)

Measure 2 = 227g: 1 package (8 oz)

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18102

Cake, white, prepared from recipe with coconut frosting

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	20.70		0		1		5.87	23.18	
Energy.....kcal	356		0	NC	4		101	399	
Energy.....kJ	1490		0		4		422	1668	
Protein (N x 0).....g	4.40		0		1		1.25	4.93	
Total lipid (fat).....g	10.30		0		1		2.92	11.54	
Ash.....g	1.50		0		1		0.43	1.68	
Carbohydrate, by difference.....g	63.20		0	NC	4		17.92	70.78	
Fiber, total dietary.....g	1.0		0		4		0.3	1.1	
Sugars, total.....g	57.39		0	RA	4		16.27	64.28	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	90		0		1		26	101	
Iron, Fe.....mg	1.16		0		1		0.33	1.30	
Magnesium, Mg.....mg	12		0		1		3	13	
Phosphorus, P.....mg	70		0		1		20	78	
Potassium, K.....mg	99		0		1		28	111	
Sodium, Na.....mg	284		0		1		81	318	
Zinc, Zn.....mg	0.33		0		1		0.09	0.37	
Copper, Cu.....mg	0.067		0		1		0.019	0.075	
Manganese, Mn.....mg	0.277		0		1		0.079	0.310	
Selenium, Se.....µg	10.7		0	RK	4		3.0	12.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0		1		0.0	0.1	
Thiamin.....mg	0.128		0		1		0.036	0.143	
Riboflavin.....mg	0.189		0		1		0.054	0.212	
Niacin.....mg	1.063		0		1		0.301	1.191	
Pantothenic acid.....mg	0.167		0		1		0.047	0.187	
Vitamin B-6.....mg	0.029		0		1		0.008	0.032	
Folate, total.....µg	31		0	RA	4		9	35	
Folic acid.....µg	27		0		4		8	30	
Folate, food.....µg	5		0		1		1	6	
Folate, DFE.....mcg_DFE	51		0	NC	4		14	57	
Choline, total.....mg	6.0		0	RK	4		1.7	6.7	
Betaine.....mg									
Vitamin B-12.....µg	0.06		0		1		0.02	0.07	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	12		0	NC	4		3	14	
Retinol.....µg	12		0	RA	4		3	14	
Carotene, beta.....µg	1		0	RA	4		0	1	
Carotene, alpha.....µg	0		0	RA	4		0	0	
Cryptoxanthin, beta.....µg	0		0	RA	4		0	0	
Vitamin A, IU.....IU	42		0	NC	4		12	47	
Lycopene.....µg	0		0	RA	4		0	0	
Lutein + zeaxanthin.....µg	4		0	RA	4		1	4	
Vitamin E (alpha-tocopherol).....mg	0.12		0	RA	4		0.03	0.14	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.2		0	RA	4		0.1	0.2	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	8		0	RA	4		2	9	
Vitamin K (phylloquinone).....µg	4.1		0	RA	4		1.2	4.6	
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									
Lipids:									

Cake, white, prepared from recipe with coconut frosting

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code				
Fatty acids, total saturated.....g	3.897		0	1		1.105	4.365	
4:0.....g	0.012		0	1		0.003	0.013	
6:0.....g	0.017		0	1		0.005	0.019	
8:0.....g	0.133		0	1		0.038	0.149	
10:0.....g	0.113		0	1		0.032	0.127	
12:0.....g	0.847		0	1		0.240	0.949	
13:0.....g								
14:0.....g	0.402		0	1		0.114	0.450	
15:0.....g								
16:0.....g	1.394		0	1		0.395	1.561	
17:0.....g								
18:0.....g	0.978		0	1		0.277	1.095	
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	3.692		0	1		1.047	4.135	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.008		0	1		0.002	0.009	
17:1.....g								
18:1 undifferentiated.....g	3.683		0	1		1.044	4.125	
20:1.....g	0.000		0	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	2.162		0	1		0.613	2.421	
18:2 undifferentiated.....g	2.026		0	1		0.574	2.269	
18:3 undifferentiated.....g	0.135		0	1		0.038	0.151	
18:4.....g	0.000		0	1		0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	1		0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	1		0	1		0	1	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.054		0	1		0.015	0.060	
Threonine.....g	0.157		0	1		0.045	0.176	
Isoleucine.....g	0.199		0	1		0.056	0.223	
Leucine.....g	0.338		0	1		0.096	0.379	
Lysine.....g	0.204		0	1		0.058	0.228	
Methionine.....g	0.107		0	1		0.030	0.120	
Cystine.....g	0.091		0	1		0.026	0.102	
Phenylalanine.....g	0.228		0	1		0.065	0.255	
Tyrosine.....g	0.154		0	1		0.044	0.172	
Valine.....g	0.229		0	1		0.065	0.256	
Arginine.....g	0.213		0	1		0.060	0.239	
Histidine.....g	0.099		0	1		0.028	0.111	
Alanine.....g	0.183		0	1		0.052	0.205	
Aspartic acid.....g	0.303		0	1		0.086	0.339	
Glutamic acid.....g	1.035		0	1		0.293	1.159	
Glycine.....g	0.146		0	1		0.041	0.164	
Proline.....g	0.354		0	1		0.100	0.396	
Serine.....g	0.247		0	1		0.070	0.277	
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	
Caffeine.....mg	0		0	RA	4	0	0	
Theobromine.....mg	0		0	RA	4	0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18102

Cake, white, prepared from recipe with coconut frosting

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 112g: 1 piece (1/12 of 9" dia)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18139

Cake, white, prepared from recipe without frosting

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	23.30		0		1		206.67	17.24	
Energy.....kcal	357		0	NC	4		3167	264	
Energy.....kJ	1494		0		4		13249	1105	
Protein (N x 0).....g	5.40		0		1		47.90	4.00	
Total lipid (fat).....g	12.40		0		1		109.99	9.18	
Ash.....g	1.80		0		1		15.97	1.33	
Carbohydrate, by difference.....g	57.20		0	NC	4		507.36	42.33	
Fiber, total dietary.....g	0.8		0		4		7.1	0.6	
Sugars, total.....g	35.49		0	RA	4		314.81	26.26	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	130		0		1		1153	96	
Iron, Fe.....mg	1.52		0		1		13.48	1.12	
Magnesium, Mg.....mg	12		0		1		106	9	
Phosphorus, P.....mg	93		0		1		825	69	
Potassium, K.....mg	95		0		1		843	70	
Sodium, Na.....mg	327		0		1		2900	242	
Zinc, Zn.....mg	0.32		0		1		2.84	0.24	
Copper, Cu.....mg	0.059		0		1		0.523	0.044	
Manganese, Mn.....mg	0.197		0		1		1.747	0.146	
Selenium, Se.....µg	13.0		0	RK	4		115.3	9.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		0		1		1.8	0.1	
Thiamin.....mg	0.186		0		1		1.650	0.138	
Riboflavin.....mg	0.242		0		1		2.147	0.179	
Niacin.....mg	1.533		0		1		13.598	1.134	
Pantothenic acid.....mg	0.184		0		1		1.632	0.136	
Vitamin B-6.....mg	0.021		0		1		0.186	0.016	
Folate, total.....µg	38		0	RA	4		333	28	
Folic acid.....µg	31		0		4		275	23	
Folate, food.....µg	7		0		1		62	5	
Folate, DFE.....mcg_DFE	60		0	NC	4		530	44	
Choline, total.....mg	5.7		0	RK	4		50.2	4.2	
Betaine.....mg									
Vitamin B-12.....µg	0.08		0		1		0.71	0.06	
Vitamin A, RAE.....mcg_RAE	15		0	NC	4		135	11	
Retinol.....µg	15		0	RA	4		134	11	
Carotene, beta.....µg	1		0	RA	4		8	1	
Carotene, alpha.....µg	0		0	RA	4		0	0	
Cryptoxanthin, beta.....µg	0		0	RA	4		0	0	
Vitamin A, IU.....IU	52		0	NC	4		461	38	
Lycopene.....µg	0		0	RA	4		0	0	
Lutein + zeaxanthin.....µg	5		0	RA	4		41	3	
Vitamin E (alpha-tocopherol).....mg	0.12		0	RA	4		1.04	0.09	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	5.1		0	RA	4		45.2	3.8	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	3.269		0		1		28.996	2.419	
4:0.....g	0.018		0		1		0.160	0.013	

Cake, white, prepared from recipe without frosting

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.011		0		1		0.098	0.008	
8:0.....g	0.006		0		1		0.053	0.004	
10:0.....g	0.014		0		1		0.124	0.010	
12:0.....g	0.015		0		1		0.133	0.011	
13:0.....g									
14:0.....g	0.101		0		1		0.896	0.075	
15:0.....g									
16:0.....g	1.812		0		1		16.072	1.341	
17:0.....g									
18:0.....g	1.291		0		1		11.451	0.955	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.309		0		1		47.091	3.929	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012		0		1		0.106	0.009	
17:1.....g									
18:1 undifferentiated.....g	5.296		0		1		46.976	3.919	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.148		0		1		27.923	2.330	
18:2 undifferentiated.....g	2.949		0		1		26.158	2.182	
18:3 undifferentiated.....g	0.199		0		1		1.765	0.147	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	2		0		1		18	1	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.067		0		1		0.594	0.050	
Threonine.....g	0.190		0		1		1.685	0.141	
Isoleucine.....g	0.243		0		1		2.155	0.180	
Leucine.....g	0.419		0		1		3.717	0.310	
Lysine.....g	0.241		0		1		2.138	0.178	
Methionine.....g	0.128		0		1		1.135	0.095	
Cystine.....g	0.111		0		1		0.985	0.082	
Phenylalanine.....g	0.281		0		1		2.492	0.208	
Tyrosine.....g	0.191		0		1		1.694	0.141	
Valine.....g	0.276		0		1		2.448	0.204	
Arginine.....g	0.235		0		1		2.084	0.174	
Histidine.....g	0.124		0		1		1.100	0.092	
Alanine.....g	0.215		0		1		1.907	0.159	
Aspartic acid.....g	0.350		0		1		3.105	0.259	
Glutamic acid.....g	1.373		0		1		12.179	1.016	
Glycine.....g	0.179		0		1		1.588	0.132	
Proline.....g	0.483		0		1		4.284	0.357	
Serine.....g	0.302		0		1		2.679	0.223	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18139

Cake, white, prepared from recipe without frosting

Common Measures:

Measure 1 = 887g: 1 cake, 2-layer (8" or 9" dia)

Measure 2 = 74g: 1 piece (1/12 of 9" dia)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18140

Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	22.38	1.396	6	A	1		32.22	386.89	
Energy.....kcal	379		0	NC	4		545	6545	
Energy.....kJ	1584		0	NC	4		2281	27387	
Protein (N x 6).....g	3.16	0.115	6	A	1		4.54	54.57	
Total lipid (fat).....g	17.75	1.142	6	A	1		25.56	306.87	
Ash.....g	1.35	0.031	6	A	1		1.95	23.43	
Carbohydrate, by difference.....g	55.36		2	NC	4		79.72	957.24	
Fiber, total dietary.....g									
Sugars, total.....g	39.22	2.899	3	A	1		56.47	678.06	
Sucrose.....g	36.51	4.077	3	A	1		52.57	631.26	
Glucose (dextrose).....g	1.29	0.526	3	A	1		1.86	22.30	
Fructose.....g	0.62	0.448	3	A	1		0.89	10.72	
Lactose.....g	0.59	0.036	3	A	1		0.85	10.20	
Maltose.....g	0.21	0.207	3	A	1		0.30	3.57	
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	32	2.165	6	A	1		46	557	
Iron, Fe.....mg	2.03	0.210	6	A	1		2.92	35.07	
Magnesium, Mg.....mg	20	2.189	6	A	1		29	349	
Phosphorus, P.....mg	138	6.226	6	A	1		198	2383	
Potassium, K.....mg	187	16.011	6	A	1		270	3236	
Sodium, Na.....mg	310	14.548	6	A	1		446	5354	
Zinc, Zn.....mg	0.42	0.029	6	A	1		0.60	7.20	
Copper, Cu.....mg	0.159	0.020	6	A	1		0.230	2.758	
Manganese, Mn.....mg	0.222	0.017	6	A	1		0.320	3.844	
Selenium, Se.....µg	5.9	1.472	3	A	1		8.5	102.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.043	0.013	3	A	1		0.062	0.749	
Riboflavin.....mg	0.093	0.019	3	A	1		0.134	1.614	
Niacin.....mg	0.800	0.140	3	A	1		1.152	13.832	
Pantothenic acid.....mg	0.165		2	A	1		0.238	2.853	
Vitamin B-6.....mg	0.000	0.000	3	A	1		0.000	0.000	
Folate, total.....µg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU									
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	5.793		0	NC	4		8.342	100.166	
4:0.....g	0.012	0.008	6	A	1		0.018	0.213	
6:0.....g	0.010	0.006	6	A	1		0.015	0.179	
8:0.....g	0.017	0.009	6	A	1		0.025	0.300	

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Code					
10:0.....g	0.031	0.012	6	A	1		0.045	0.542		
12:0.....g	0.144	0.113	6	A	1		0.207	2.484		
13:0.....g										
14:0.....g	0.149	0.049	6	A	1		0.215	2.582		
15:0.....g	0.011	0.004	6	A	1		0.015	0.184		
16:0.....g	3.489	0.605	6	A	1		5.024	60.319		
17:0.....g	0.023	0.002	6	A	1		0.034	0.406		
18:0.....g	1.777	0.181	6	A	1		2.559	30.724		
20:0.....g	0.066	0.003	6	A	1		0.095	1.144		
22:0.....g	0.044	0.004	6	A	1		0.064	0.769		
24:0.....g	0.018	0.001	6	A	1		0.026	0.314		
Fatty acids, total monounsaturated.....g	7.214		0	NC	4		10.389	124.738		
14:1.....g	0.004	0.003	6	A	1		0.006	0.072		
15:1.....g	0.000	0.000	6	A	1		0.000	0.000		
16:1 undifferentiated.....g	0.035	0.007	6	AS	1		0.051	0.614		
16:1 c.....g	0.034	0.006	6	A	1		0.048	0.582		
16:1 t.....g	0.002	0.001	6	A	1		0.003	0.032		
17:1.....g	0.009	0.001	6	A	1		0.013	0.155		
18:1 undifferentiated.....g	7.108	0.778	6	AS	1		10.235	122.894		
18:1 c.....g	5.994	0.547	6	A	1		8.632	103.645		
18:1-11c (18:1c n-7).....g										
18:1 t.....g	1.113	0.355	6	A	1		1.603	19.249		
18:1-11t (18:1t n-7).....g										
20:1.....g	0.053	0.007	6	A	1		0.077	0.922		
22:1 undifferentiated.....g	0.005	0.000	6	AS	1		0.007	0.081		
22:1 c.....g	0.003	0.000	6	A	1		0.005	0.060		
22:1 t.....g	0.001	0.000	6	A	1		0.002	0.020		
24:1 c.....g	0.000	0.000	6	A	1		0.000	0.000		
Fatty acids, total polyunsaturated.....g	4.728		0	NC	4		6.809	81.755		
18:2 undifferentiated.....g	4.212	0.317	6	AS	1		6.066	72.831		
18:2 n-6 c,c.....g	3.999	0.340	6	A	1		5.758	69.137		
18:2 CLAs.....g	0.017	0.004	6	A	1		0.024	0.294		
18:2 c,t.....g										
18:2 t,c.....g										
18:2 t,t.....g										
18:2 i.....g										
18:2 t not further defined.....g	0.197	0.049	6	A	1		0.283	3.400		
18:3 undifferentiated.....g	0.500	0.052	6	AS	1		0.720	8.651		
18:3 n-3 c,c,c (ALA).....g	0.474	0.052	6	A	1		0.683	8.195		
18:3 n-6 c,c,c.....g	0.026	0.002	6	A	1		0.038	0.455		
18:3i.....g										
18:4.....g	0.000	0.000	6	A	1		0.000	0.000		
20:2 n-6 c,c.....g	0.004	0.000	6	A	1		0.006	0.072		
20:3 undifferentiated.....g	0.001	0.000	6	AS	1		0.002	0.020		
20:3 n-3.....g	0.000	0.000	6	A	1		0.000	0.000		
20:3 n-6.....g	0.001	0.000	6	A	1		0.002	0.020		
20:4 undifferentiated.....g	0.010	0.001	6	A	1		0.015	0.176		
20:4 n-3.....g										
20:4 n-6.....g										
20:5 n-3 (EPA).....g	0.000	0.000	6	A	1		0.000	0.006		
21:5.....g										
22:4.....g	0.000	0.000	6	A	1		0.000	0.000		
22:5 n-3 (DPA).....g	0.000	0.000	6	A	1		0.000	0.000		
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1		0.000	0.000		
Fatty acids, total trans.....g	1.313		0	NC	4		1.891	22.702		
Fatty acids, total trans-monoenoic.....g	1.116		0	NC	4		1.608	19.301		
Fatty acids, total trans-polyenoic.....g	0.197		0	NC	4		0.283	3.400		
Cholesterol.....mg	18		2	A	1		26	311		
Phytosterols.....mg										

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18140

Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery

Common Measures:

Measure 1 = 144g: 1 piece (1/12 of a cake)

Measure 2 = 1729g: 1 cake

Calories Factors: Protein 3.8

Fat 8.8

Carbohydrate 3.8

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18141

Cake, yellow, commercially prepared, with vanilla frosting

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	22.10	1.326	4		1		6.27	14.14	
Energy.....kcal	373		0	NC	4		106	239	
Energy.....kJ	1561		0		4		442	999	
Protein (N x 6.1).....g	3.50	0.246	5		1		0.99	2.24	
Total lipid (fat).....g	14.50	1.399	6		1		4.11	9.28	
Ash.....g	1.00	0.025	4		1		0.28	0.64	
Carbohydrate, by difference.....g	58.80		0	NC	4		16.67	37.63	
Fiber, total dietary.....g	0.3		0		4		0.1	0.2	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	62	2.776	31		1		18	40	
Iron, Fe.....mg	1.07	0.050	29		1		0.30	0.68	
Magnesium, Mg.....mg	6	0.314	32		1		2	4	
Phosphorus, P.....mg	143	3.702	31		1		41	92	
Potassium, K.....mg	53	3.319	32		1		15	34	
Sodium, Na.....mg	344	5.681	32		1		98	220	
Zinc, Zn.....mg	0.25	0.010	27		1		0.07	0.16	
Copper, Cu.....mg	0.034	0.002	28		1		0.010	0.022	
Manganese, Mn.....mg	0.095	0.004	28		1		0.027	0.061	
Selenium, Se.....µg	5.5		0	FLA	4		1.6	3.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.100		1		1		0.028	0.064	
Riboflavin.....mg	0.070		1		1		0.020	0.045	
Niacin.....mg	0.500		1		1		0.142	0.320	
Pantothenic acid.....mg	0.350		0		4		0.099	0.224	
Vitamin B-6.....mg	0.027		0	FLA	4		0.008	0.017	
Folate, total.....µg	27		0	FLA	4		8	17	
Folic acid.....µg	18		0	NC	4		5	12	
Folate, food.....µg	9		0		4		3	6	
Folate, DFE.....mcg_DFE	40		0	NC	4		11	25	
Choline, total.....mg	36.4		0	A	1		10.3	23.3	
Betaine.....mg	18.7		0	A	1		5.3	11.9	
Vitamin B-12.....µg	0.15		0	FLA	4		0.04	0.10	
Vitamin A, RAE.....mcg_RAE	19		0	NC	4		5	12	
Retinol.....µg	19		0	NC	4		5	12	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	63	6.377	4		1		18	40	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	2.371		0	FLA	4		0.672	1.517	
4:0.....g	0.000		0	FLA	4		0.000	0.000	

NDB No. 18141

Cake, yellow, commercially prepared, with vanilla frosting

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.018		0	FLA	4		0.005	0.012	
15:0.....g									
16:0.....g	1.590		0	FLA	4		0.451	1.018	
17:0.....g									
18:0.....g	0.754		0	FLA	4		0.214	0.483	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.107		0	FLA	4		1.731	3.908	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.092		0	FLA	4		0.026	0.059	
17:1.....g									
18:1 undifferentiated.....g	5.998		0	FLA	4		1.700	3.839	
20:1.....g	0.004		0	FLA	4		0.001	0.003	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.150		0	FLA	4		1.460	3.296	
18:2 undifferentiated.....g	4.766		0	FLA	4		1.351	3.050	
18:3 undifferentiated.....g	0.347		0	FLA	4		0.098	0.222	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.018		0	FLA	4		0.005	0.012	
20:5 n-3 (EPA).....g	0.001		0	FLA	4		0.000	0.001	
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g	0.005		0	FLA	4		0.001	0.003	
Fatty acids, total trans.....g									
Cholesterol.....mg	55		0	FLA	4		16	35	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.046		0		1		0.013	0.029	
Threonine.....g	0.142		0		1		0.040	0.091	
Isoleucine.....g	0.177		0		1		0.050	0.113	
Leucine.....g	0.290		0		1		0.082	0.186	
Lysine.....g	0.216		0		1		0.061	0.138	
Methionine.....g	0.087		0		1		0.025	0.056	
Cystine.....g	0.067		0		1		0.019	0.043	
Phenylalanine.....g	0.174		0		1		0.049	0.111	
Tyrosine.....g	0.136		0		1		0.039	0.087	
Valine.....g	0.199		0		1		0.056	0.127	
Arginine.....g	0.163		0		1		0.046	0.104	
Histidine.....g	0.082		0		1		0.023	0.052	
Alanine.....g	0.147		0		1		0.042	0.094	
Aspartic acid.....g	0.263		0		1		0.075	0.168	
Glutamic acid.....g	0.751		0		1		0.213	0.481	
Glycine.....g	0.106		0		1		0.030	0.068	
Proline.....g	0.271		0		1		0.077	0.173	
Serine.....g	0.216		0		1		0.061	0.138	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18141

Cake, yellow, commercially prepared, with vanilla frosting

Measure 2 = 64g: 1 piece (1/8 of 18 oz cake)

Calories Factors: Protein 4.2

Fat 8.9

Carbohydrate 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18453
 Cake, yellow, dry mix, light

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.10		2		1		0.88	16.24	
Energy.....kcal	404		0	NC	4		115	2117	
Energy.....kJ	1690				4		479	8857	
Protein (N x 5.9).....g	4.70		2		1		1.33	24.63	
Total lipid (fat).....g	5.50		2		1		1.56	28.82	
Ash.....g	2.60		2		1		0.74	13.62	
Carbohydrate, by difference.....g	84.10		0	NC	4		23.84	440.68	
Fiber, total dietary.....g	1.3		2		1		0.4	6.8	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	155		2		1		44	812	
Iron, Fe.....mg	1.31		2		1		0.37	6.86	
Magnesium, Mg.....mg	10		2		1		3	52	
Phosphorus, P.....mg	324		2		1		92	1698	
Potassium, K.....mg	65		2		1		18	341	
Sodium, Na.....mg	604		2		1		171	3165	
Zinc, Zn.....mg	0.33		2		1		0.09	1.73	
Copper, Cu.....mg	0.063		2		1		0.018	0.330	
Manganese, Mn.....mg	0.228		2		1		0.065	1.195	
Selenium, Se.....µg	3.1		0	FLA	4		0.9	16.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		2		1		0.0	0.0	
Thiamin.....mg	0.172		2		1		0.049	0.901	
Riboflavin.....mg	0.211		2		1		0.060	1.106	
Niacin.....mg	1.569		2		1		0.445	8.222	
Pantothenic acid.....mg	0.326		2		1		0.092	1.708	
Vitamin B-6.....mg	0.026		2		1		0.007	0.136	
Folate, total.....µg	76		0	FLA	4		22	398	
Folic acid.....µg	71		0	NC	4		20	372	
Folate, food.....µg	5		2		1		1	26	
Folate, DFE.....mcg_DFE	126		0	NC	4		36	659	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.11		2		1		0.03	0.58	
Vitamin A, RAE.....mcg_RAE	4		0	NC	4		1	20	
Retinol.....µg	4		0	NC	4		1	20	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	13		2		1		4	68	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.367		0	FLA	4		0.388	7.163	
4:0.....g	0.000		0	FLA	4		0.000	0.000	

NDB No. 18453
Cake, yellow, dry mix, light

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.027		0	FLA	4		0.008	0.141	
15:0.....g									
16:0.....g	0.718		0	FLA	4		0.204	3.762	
17:0.....g									
18:0.....g	0.616		0	FLA	4		0.175	3.228	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.973		0	FLA	4		0.843	15.579	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	FLA	4		0.001	0.010	
17:1.....g									
18:1 undifferentiated.....g	2.971		0	FLA	4		0.842	15.568	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.796		0	FLA	4		0.226	4.171	
18:2 undifferentiated.....g	0.754		0	FLA	4		0.214	3.951	
18:3 undifferentiated.....g	0.042		0	FLA	4		0.012	0.220	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.065		0		1		0.018	0.341	
Threonine.....g	0.140		0		1		0.040	0.734	
Isoleucine.....g	0.185		0		1		0.052	0.969	
Leucine.....g	0.324		0		1		0.092	1.698	
Lysine.....g	0.191		0		1		0.054	1.001	
Methionine.....g	0.074		0		1		0.021	0.388	
Cystine.....g	0.090		0		1		0.026	0.472	
Phenylalanine.....g	0.221		0		1		0.063	1.158	
Tyrosine.....g	0.141		0		1		0.040	0.739	
Valine.....g	0.208		0		1		0.059	1.090	
Arginine.....g	0.207		0		1		0.059	1.085	
Histidine.....g	0.098		0		1		0.028	0.514	
Alanine.....g	0.150		0		1		0.043	0.786	
Aspartic acid.....g	0.264		0		1		0.075	1.383	
Glutamic acid.....g	1.352		0		1		0.383	7.084	
Glycine.....g	0.160		0		1		0.045	0.838	
Proline.....g	0.448		0		1		0.127	2.348	
Serine.....g	0.241		0		1		0.068	1.263	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18453

Cake, yellow, dry mix, light

Measure 2 = 524g: 1 package (18.50 oz)

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18142

Cake, yellow, dry mix, pudding-type

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	4.00	0.084	48		1		1.13	20.96	
Energy.....kcal	423		0	NC	4		120	2217	
Energy.....kJ	1770		0		4		502	9274	
Protein (N x 5.8).....g	4.00	0.103	46		1		1.13	20.96	
Total lipid (fat).....g	9.80	0.089	46		1		2.78	51.35	
Ash.....g	2.20	0.012	45		1		0.62	11.53	
Carbohydrate, by difference.....g	79.90		0	NC	4		22.65	418.68	
Fiber, total dietary.....g	0.7		0		4		0.2	3.8	
Sugars, total.....g	44.21		0	FLA	4		12.53	231.67	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	115	7.275	44		1		33	603	
Iron, Fe.....mg	1.57	0.081	43		1		0.45	8.23	
Magnesium, Mg.....mg	9	0.143	32		1		3	47	
Phosphorus, P.....mg	253	4.025	28		1		72	1326	
Potassium, K.....mg	63	4.962	36		1		18	330	
Sodium, Na.....mg	687	12.856	44		1		195	3600	
Zinc, Zn.....mg	0.27	0.008	26		1		0.08	1.41	
Copper, Cu.....mg	0.058	0.004	20		1		0.016	0.304	
Manganese, Mn.....mg	0.280		0	FLA	4		0.079	1.467	
Selenium, Se.....µg	2.4		1	A	1		0.7	12.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.307	0.008	55		1		0.087	1.609	
Riboflavin.....mg	0.188	0.005	55		1		0.053	0.985	
Niacin.....mg	2.588	0.059	56		1		0.734	13.561	
Pantothenic acid.....mg	0.242		0	FLA	4		0.069	1.268	
Vitamin B-6.....mg	0.016	0.002	6		1		0.005	0.084	
Folate, total.....µg	104		1	AI	13		29	545	
Folic acid.....µg	95		0		4		27	498	
Folate, food.....µg	9		0		4		3	47	
Folate, DFE.....mcg_DFE	171		0	NC	4		48	893	
Choline, total.....mg	6.6		0	FLC	4		1.9	34.5	
Betaine.....mg									
Vitamin B-12.....µg	0.05		0	FLA	4		0.01	0.26	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	FLA	4		0	0	
Carotene, beta.....µg	0		0	FLA	4		0	0	
Carotene, alpha.....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	0		0	FLA	4		0	0	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	1		0	FLA	4		0	5	
Vitamin E (alpha-tocopherol).....mg	0.77		0	FLA	4		0.22	4.04	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	2.5		0	FLA	4		0.7	12.9	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 18142
Cake, yellow, dry mix, pudding-type

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	2.472		0	FLA	4		0.701	12.953	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.049		0	FLA	4		0.014	0.257	
15:0.....g									
16:0.....g	1.277		0	FLA	4		0.362	6.691	
17:0.....g									
18:0.....g	1.143		0	FLA	4		0.324	5.989	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.496		0	FLA	4		1.558	28.799	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	FLA	4		0.001	0.010	
17:1.....g									
18:1 undifferentiated.....g	5.494		0	FLA	4		1.558	28.789	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.295		0	FLA	4		0.367	6.786	
18:2 undifferentiated.....g	1.229		0	FLA	4		0.348	6.440	
18:3 undifferentiated.....g	0.066		0	FLA	4		0.019	0.346	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.056		0		1		0.016	0.293	
Threonine.....g	0.120		0		1		0.034	0.629	
Isoleucine.....g	0.163		0		1		0.046	0.854	
Leucine.....g	0.286		0		1		0.081	1.499	
Lysine.....g	0.162		0		1		0.046	0.849	
Methionine.....g	0.072		0		1		0.020	0.377	
Cystine.....g	0.079		0		1		0.022	0.414	
Phenylalanine.....g	0.188		0		1		0.053	0.985	
Tyrosine.....g	0.124		0		1		0.035	0.650	
Valine.....g	0.186		0		1		0.053	0.975	
Arginine.....g	0.150		0		1		0.043	0.786	
Histidine.....g	0.084		0		1		0.024	0.440	
Alanine.....g	0.122		0		1		0.035	0.639	
Aspartic acid.....g	0.184		0		1		0.052	0.964	
Glutamic acid.....g	1.239		0		1		0.351	6.492	
Glycine.....g	0.127		0		1		0.036	0.665	
Proline.....g	0.433		0		1		0.123	2.269	
Serine.....g	0.209		0		1		0.059	1.095	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18142

Cake, yellow, dry mix, pudding-type

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 524g: 1 package (18.50 oz)

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18144

Cake, yellow, dry mix, regular, enriched

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.70	0.066	86		1		1.05	19.39	
Energy.....kcal	432		0	NC	4		122	2264	
Energy.....kJ	1807		0		4		512	9471	
Protein (N x 5.9).....g	4.40	0.057	80		1		1.25	23.06	
Total lipid (fat).....g	11.60	0.225	79		1		3.29	60.78	
Ash.....g	2.30	0.041	61		1		0.65	12.05	
Carbohydrate, by difference.....g	78.10		0	NC	4		22.14	409.24	
Fiber, total dietary.....g	1.1		0		1		0.3	5.8	
Sugars, total.....g	43.33		0	FLA	4		12.29	227.07	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	135	6.465	50		1		38	707	
Iron, Fe.....mg	1.50	0.053	60		1		0.43	7.86	
Magnesium, Mg.....mg	10	0.456	46		1		3	52	
Phosphorus, P.....mg	310	7.955	55		1		88	1624	
Potassium, K.....mg	82	5.163	27		1		23	430	
Sodium, Na.....mg	657	18.708	61		1		186	3443	
Zinc, Zn.....mg	0.27	0.009	43		1		0.08	1.41	
Copper, Cu.....mg	0.072	0.003	37		1		0.020	0.377	
Manganese, Mn.....mg	0.191	0.048	3		1		0.054	1.001	
Selenium, Se.....µg	3.0		0	FLA	4		0.9	15.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		0	FLA	4		0.1	1.0	
Thiamin.....mg	0.193	0.007	33		1		0.055	1.011	
Riboflavin.....mg	0.200	0.019	33		1		0.057	1.048	
Niacin.....mg	1.778	0.125	24		1		0.504	9.317	
Pantothenic acid.....mg	0.364	0.071	4		1		0.103	1.907	
Vitamin B-6.....mg	0.077		2		1		0.022	0.403	
Folate, total.....µg	104		1	AI	13		29	545	
Folic acid.....µg	95		0		4		27	498	
Folate, food.....µg	9		0		4		3	47	
Folate, DFE.....mcg_DFE	171		0	NC	4		48	893	
Choline, total.....mg	6.6		0	BFZN	4		1.9	34.5	
Betaine.....mg									
Vitamin B-12.....µg	0.10		0	FLA	4		0.03	0.52	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	1	
Retinol.....µg	0		0	FLA	4		0	1	
Carotene, beta.....µg	0		0	FLA	4		0	0	
Carotene, alpha.....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	1		0	FLA	4		0	5	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	1		0	FLA	4		0	5	
Vitamin E (alpha-tocopherol).....mg	0.92		0	FLA	4		0.26	4.80	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	2.9		0	FLA	4		0.8	15.2	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.738		0	FLA	4		0.493	9.107	
4:0.....g	0.001		0	FLA	4		0.000	0.005	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.014		0	FLA	4		0.004	0.073	
15:0.....g									
16:0.....g	1.154		0	FLA	4		0.327	6.047	
17:0.....g									
18:0.....g	0.565		0	FLA	4		0.160	2.961	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.860		0	FLA	4		1.378	25.466	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.047		0	FLA	4		0.013	0.246	
17:1.....g									
18:1 undifferentiated.....g	4.802		0	FLA	4		1.361	25.162	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.378		0	FLA	4		1.241	22.941	
18:2 undifferentiated.....g	4.066		0	FLA	4		1.153	21.306	
18:3 undifferentiated.....g	0.301		0	FLA	4		0.085	1.577	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	2		2		1		1	10	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.061		0		1		0.017	0.320	
Threonine.....g	0.137		0		1		0.039	0.718	
Isoleucine.....g	0.187		0		1		0.053	0.980	
Leucine.....g	0.325		0		1		0.092	1.703	
Lysine.....g	0.197		0		1		0.056	1.032	
Methionine.....g	0.081		0		1		0.023	0.424	
Cystine.....g	0.079		0		1		0.022	0.414	
Phenylalanine.....g	0.204		0		1		0.058	1.069	
Tyrosine.....g	0.144		0		1		0.041	0.755	
Valine.....g	0.213		0		1		0.060	1.116	
Arginine.....g	0.162		0		1		0.046	0.849	
Histidine.....g	0.094		0		1		0.027	0.493	
Alanine.....g	0.134		0		1		0.038	0.702	
Aspartic acid.....g	0.216		0		1		0.061	1.132	
Glutamic acid.....g	1.288		0		1		0.365	6.749	
Glycine.....g	0.132		0		1		0.037	0.692	
Proline.....g	0.463		0		1		0.131	2.426	
Serine.....g	0.228		0		1		0.065	1.195	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18144

Cake, yellow, dry mix, regular, enriched

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 524g: 1 package (18.50 oz)

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18420

Cake, yellow, dry mix, regular, unenriched

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.70	0.066	86		1		1.05	19.39	
Energy.....kcal	432		0	NC	4		122	2264	
Energy.....kJ	1807				4		512	9471	
Protein (N x 5.9).....g	4.40	0.057	80		1		1.25	23.06	
Total lipid (fat).....g	11.60	0.225	79		1		3.29	60.78	
Ash.....g	2.30	0.041	61		1		0.65	12.05	
Carbohydrate, by difference.....g	78.10		0		4		22.14	409.24	
Fiber, total dietary.....g	1.1		0	BFZN	4		0.3	5.8	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	135	6.465	50		1		38	707	
Iron, Fe.....mg	0.48		0		4		0.14	2.52	
Magnesium, Mg.....mg	10	0.456	46		1		3	52	
Phosphorus, P.....mg	310	7.955	55		1		88	1624	
Potassium, K.....mg	82	5.163	27		1		23	430	
Sodium, Na.....mg	657	18.708	61		1		186	3443	
Zinc, Zn.....mg	0.27	0.009	43		1		0.08	1.41	
Copper, Cu.....mg	0.072	0.003	37		1		0.020	0.377	
Manganese, Mn.....mg	0.191	0.048	3		1		0.054	1.001	
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		0		4		0.1	1.0	
Thiamin.....mg	0.082		0		4		0.023	0.430	
Riboflavin.....mg	0.049		0		4		0.014	0.257	
Niacin.....mg	0.309		0		4		0.088	1.619	
Pantothenic acid.....mg	0.364	0.071	4		1		0.103	1.907	
Vitamin B-6.....mg	0.077		2		1		0.022	0.403	
Folate, total.....µg	9		0		4		3	47	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	9		0		4		3	47	
Folate, DFE.....mcg_DFE	9		0	NC	4		3	47	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.10		0	BFZN	4		0.03	0.52	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	1		0		4		0	5	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.738		0	BFZN	4		0.493	9.107	
4:0.....g	0.001		0		4		0.000	0.005	

NDB No. 18420

Cake, yellow, dry mix, regular, unenriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0	BFZN	4		0.000	0.000	
12:0.....g	0.000		0	BFZN	4		0.000	0.000	
13:0.....g									
14:0.....g	0.014		0		4		0.004	0.073	
15:0.....g									
16:0.....g	1.154		0	BFZN	4		0.327	6.047	
17:0.....g									
18:0.....g	0.565		0		4		0.160	2.961	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.860		0	BFZN	4		1.378	25.466	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.047		0	BFZN	4		0.013	0.246	
17:1.....g									
18:1 undifferentiated.....g	4.802		0	BFZN	4		1.361	25.162	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.378		0	BFZN	4		1.241	22.941	
18:2 undifferentiated.....g	4.066		0	BFZN	4		1.153	21.306	
18:3 undifferentiated.....g	0.301		0	BFZN	4		0.085	1.577	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	2		2		1		1	10	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.061		0		4		0.017	0.320	
Threonine.....g	0.137		0		4		0.039	0.718	
Isoleucine.....g	0.187		0		4		0.053	0.980	
Leucine.....g	0.325		0		4		0.092	1.703	
Lysine.....g	0.197		0		4		0.056	1.032	
Methionine.....g	0.081		0		4		0.023	0.424	
Cystine.....g	0.079		0		4		0.022	0.414	
Phenylalanine.....g	0.204		0		4		0.058	1.069	
Tyrosine.....g	0.144		0		4		0.041	0.755	
Valine.....g	0.213		0		4		0.060	1.116	
Arginine.....g	0.162		0		4		0.046	0.849	
Histidine.....g	0.094		0		4		0.027	0.493	
Alanine.....g	0.134		0		4		0.038	0.702	
Aspartic acid.....g	0.216		0		4		0.061	1.132	
Glutamic acid.....g	1.288		0		4		0.365	6.749	
Glycine.....g	0.132		0		4		0.037	0.692	
Proline.....g	0.463		0		4		0.131	2.426	
Serine.....g	0.228		0		4		0.065	1.195	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18420

Cake, yellow, dry mix, regular, unenriched

Measure 2 = 524g: 1 package (18.50 oz)

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18146

Cake, yellow, prepared from recipe without frosting

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	25.10		0		1		205.07	17.07	
Energy.....kcal	361		0	NC	4		2949	245	
Energy.....kJ	1510				4		12340	1027	
Protein (N x 0).....g	5.30		0		1		43.30	3.60	
Total lipid (fat).....g	14.60		0		1		119.28	9.93	
Ash.....g	1.90		0		1		15.52	1.29	
Carbohydrate, by difference.....g	53.00		0	NC	4		433.01	36.04	
Fiber, total dietary.....g	0.7		0		4		5.7	0.5	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	146		0		1		1193	99	
Iron, Fe.....mg	1.64		0		1		13.40	1.12	
Magnesium, Mg.....mg	12		0		1		98	8	
Phosphorus, P.....mg	117		0		1		956	80	
Potassium, K.....mg	91		0		1		743	62	
Sodium, Na.....mg	343		0		1		2802	233	
Zinc, Zn.....mg	0.45		0		1		3.68	0.31	
Copper, Cu.....mg	0.056		0		1		0.458	0.038	
Manganese, Mn.....mg	0.190		0		1		1.552	0.129	
Selenium, Se.....µg	13.7		0	RK	4		111.9	9.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		0		1		1.6	0.1	
Thiamin.....mg	0.183		0		1		1.495	0.124	
Riboflavin.....mg	0.233		0		1		1.904	0.158	
Niacin.....mg	1.456		0		1		11.896	0.990	
Pantothenic acid.....mg	0.310		0		1		2.533	0.211	
Vitamin B-6.....mg	0.036		0		1		0.294	0.024	
Folate, total.....µg	34		0	RK	4		278	23	
Folic acid.....µg	24		0	NC	4		196	16	
Folate, food.....µg	10		0		1		82	7	
Folate, DFE.....mcg_DFE	51		0	NC	4		415	35	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.16		0		1		1.31	0.11	
Vitamin A, RAE.....mcg_RAE	40		0	NC	4		323	27	
Retinol.....µg	39		0	NC	4		319	27	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	139		0		1		1136	95	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	3.924		0		1		32.059	2.668	
4:0.....g	0.019		0		1		0.155	0.013	

NDB No. 18146

Cake, yellow, prepared from recipe without frosting

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.011		0		1		0.090	0.007	
8:0.....g	0.007		0		1		0.057	0.005	
10:0.....g	0.015		0		1		0.123	0.010	
12:0.....g	0.017		0		1		0.139	0.012	
13:0.....g									
14:0.....g	0.114		0		1		0.931	0.078	
15:0.....g									
16:0.....g	2.235		0		1		18.260	1.520	
17:0.....g									
18:0.....g	1.498		0		1		12.239	1.019	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.229		0		1		50.891	4.236	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.050		0		1		0.409	0.034	
17:1.....g									
18:1 undifferentiated.....g	6.173		0		1		50.433	4.198	
20:1.....g	0.003		0		1		0.025	0.002	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.570		0		1		29.167	2.428	
18:2 undifferentiated.....g	3.328		0		1		27.190	2.263	
18:3 undifferentiated.....g	0.219		0		1		1.789	0.149	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.017		0		1		0.139	0.012	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.005		0		1		0.041	0.003	
Fatty acids, total trans.....g									
Cholesterol.....mg	54		0		1		441	37	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.066		0		1		0.539	0.045	
Threonine.....g	0.191		0		1		1.560	0.130	
Isoleucine.....g	0.236		0		1		1.928	0.160	
Leucine.....g	0.414		0		1		3.382	0.282	
Lysine.....g	0.246		0		1		2.010	0.167	
Methionine.....g	0.120		0		1		0.980	0.082	
Cystine.....g	0.103		0		1		0.842	0.070	
Phenylalanine.....g	0.266		0		1		2.173	0.181	
Tyrosine.....g	0.191		0		1		1.560	0.130	
Valine.....g	0.268		0		1		2.190	0.182	
Arginine.....g	0.238		0		1		1.944	0.162	
Histidine.....g	0.124		0		1		1.013	0.084	
Alanine.....g	0.206		0		1		1.683	0.140	
Aspartic acid.....g	0.342		0		1		2.794	0.233	
Glutamic acid.....g	1.329		0		1		10.858	0.904	
Glycine.....g	0.171		0		1		1.397	0.116	
Proline.....g	0.473		0		1		3.864	0.322	
Serine.....g	0.303		0		1		2.476	0.206	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18146

Cake, yellow, prepared from recipe without frosting

Common Measures:

Measure 1 = 817g: 1 cake, 2-layer (8" dia)

Measure 2 = 68g: 1 piece (1/12 of 8" dia)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18147

Cheesecake commercially prepared

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	45.60	1.287	4		1		12.93	36.48	57.00
Energy.....kcal	321		0	NC	4		91	257	401
Energy.....kJ	1343		0		4		381	1074	1679
Protein (N x 6.2).....g	5.50	0.553	4		1		1.56	4.40	6.88
Total lipid (fat).....g	22.50	1.514	5		1		6.38	18.00	28.13
Ash.....g	0.90	0.069	6		1		0.26	0.72	1.13
Carbohydrate, by difference.....g	25.50		0	NC	4		7.23	20.40	31.88
Fiber, total dietary.....g	0.4		0		4		0.1	0.3	0.5
Sugars, total.....g	21.80		0	FLA	4		6.18	17.44	27.25
Starch.....g									
Minerals:									
Calcium, Ca.....mg	51	3.541	4		1		14	41	64
Iron, Fe.....mg	0.63	0.100	4		1		0.18	0.50	0.79
Magnesium, Mg.....mg	11	0.647	4		1		3	9	14
Phosphorus, P.....mg	93	8.299	4		1		26	74	116
Potassium, K.....mg	90	6.067	4		1		26	72	113
Sodium, Na.....mg	207	25.604	4		1		59	166	259
Zinc, Zn.....mg	0.51	0.060	4		1		0.14	0.41	0.64
Copper, Cu.....mg	0.020	0.020	3		1		0.006	0.016	0.025
Manganese, Mn.....mg	0.140		2		1		0.040	0.112	0.175
Selenium, Se.....µg	5.2		0	FLA	4		1.5	4.2	6.5
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.4		0	FLA	4		0.1	0.3	0.5
Thiamin.....mg	0.028	0.001	10		1		0.008	0.022	0.035
Riboflavin.....mg	0.193	0.011	10		1		0.055	0.154	0.241
Niacin.....mg	0.195	0.049	10		1		0.055	0.156	0.244
Pantothenic acid.....mg	0.571	0.009	8		1		0.162	0.457	0.714
Vitamin B-6.....mg	0.052	0.000	8		1		0.015	0.042	0.065
Folate, total.....µg	18		0	FLA	4		5	14	23
Folic acid.....µg	3		0	NC	4		1	2	4
Folate, food.....µg	15	0.269	8		1		4	12	19
Folate, DFE.....mcg_DFE	20		0	NC	4		6	16	25
Choline, total.....mg	45.9		0	FLA	4		13.0	36.7	57.3
Betaine.....mg									
Vitamin B-12.....µg	0.17	0.011	8		1		0.05	0.14	0.21
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	153		0	NC	4		43	122	191
Retinol.....µg	150		0	O	4		43	120	188
Carotene, beta.....µg	30		0	O	4		9	24	38
Carotene, alpha.....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....µg	2		0	FLA	4		0	1	2
Vitamin A, IU.....IU	547		0	FLA	4		155	438	684
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	62		0	FLA	4		17	49	77
Vitamin E (alpha-tocopherol).....mg	0.56		0	FLA	4		0.16	0.45	0.70
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.5		0	FLA	4		0.1	0.4	0.6
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	18		0	FLA	4		5	14	23
Vitamin K (phylloquinone).....µg	4.4		0	FLA	4		1.3	3.5	5.5
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									
Lipids:									

Cheesecake commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	9.921		0	FLA	4		2.813	7.937	12.401
4:0.....g	0.354		0	FLA	4		0.100	0.283	0.443
6:0.....g	0.134		0	FLA	4		0.038	0.107	0.168
8:0.....g	0.119		0	FLA	4		0.034	0.095	0.149
10:0.....g	0.246		0	FLA	4		0.070	0.197	0.308
12:0.....g	0.207		0	FLA	4		0.059	0.166	0.259
13:0.....g									
14:0.....g	1.266		0	FLA	4		0.359	1.013	1.583
15:0.....g									
16:0.....g	4.775		0	FLA	4		1.354	3.820	5.969
17:0.....g									
18:0.....g	2.490		0	FLA	4		0.706	1.992	3.113
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.634		0	FLA	4		2.448	6.907	10.793
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.346		0	FLA	4		0.098	0.277	0.433
17:1.....g									
18:1 undifferentiated.....g	8.119		0	FLA	4		2.302	6.495	10.149
20:1.....g	0.002		0	FLA	4		0.001	0.002	0.003
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.602		0	FLA	4		0.454	1.282	2.003
18:2 undifferentiated.....g	1.364		0	FLA	4		0.387	1.091	1.705
18:3 undifferentiated.....g	0.223		0	FLA	4		0.063	0.178	0.279
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.012		0	FLA	4		0.003	0.010	0.015
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.005		0		1		0.001	0.004	0.006
Fatty acids, total trans.....g									
Cholesterol.....mg	55		2		1		16	44	69
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.064		0		1		0.018	0.051	0.080
Threonine.....g	0.222		0		1		0.063	0.178	0.278
Isoleucine.....g	0.281		0		1		0.080	0.225	0.351
Leucine.....g	0.464		0		1		0.132	0.371	0.580
Lysine.....g	0.372		0		1		0.105	0.298	0.465
Methionine.....g	0.136		0		1		0.039	0.109	0.170
Cystine.....g	0.071		0		1		0.020	0.057	0.089
Phenylalanine.....g	0.258		0		1		0.073	0.206	0.323
Tyrosine.....g	0.222		0		1		0.063	0.178	0.278
Valine.....g	0.314		0		1		0.089	0.251	0.393
Arginine.....g	0.251		0		1		0.071	0.201	0.314
Histidine.....g	0.133		0		1		0.038	0.106	0.166
Alanine.....g	0.252		0		1		0.071	0.202	0.315
Aspartic acid.....g	0.406		0		1		0.115	0.325	0.508
Glutamic acid.....g	1.022		0		1		0.290	0.818	1.278
Glycine.....g	0.221		0		1		0.063	0.177	0.276
Proline.....g	0.481		0		1		0.136	0.385	0.601
Serine.....g	0.307		0		1		0.087	0.246	0.384
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18147

Cheesecake commercially prepared

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>			<u>Amount in edible portion of common</u>			<u>measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 80g: 1 piece (1/6 of 17 oz cake)

Measure 3 = 125g: 1 piece (1 NLEA serving)

Calories Factors: Protein 4.2

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18148

Cheesecake prepared from mix, no-bake type

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	44.20	0.961	6		1		12.53	43.76	
Energy.....kcal	274		0	NC	4		78	271	
Energy.....kJ	1146				4		325	1135	
Protein (N x 6.2).....g	5.50	0.163	6		1		1.56	5.45	
Total lipid (fat).....g	12.70	0.571	7		1		3.60	12.57	
Ash.....g	2.00	0.066	8		1		0.57	1.98	
Carbohydrate, by difference.....g	35.50		0	NC	4		10.06	35.15	
Fiber, total dietary.....g	1.9		0		1		0.5	1.9	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	172	14.902	6		1		49	170	
Iron, Fe.....mg	0.47	0.053	6		1		0.13	0.47	
Magnesium, Mg.....mg	19	0.787	4		1		5	19	
Phosphorus, P.....mg	234	18.645	6		1		66	232	
Potassium, K.....mg	211	14.076	6		1		60	209	
Sodium, Na.....mg	380	52.785	6		1		108	376	
Zinc, Zn.....mg	0.46	0.065	4		1		0.13	0.46	
Copper, Cu.....mg	0.029	0.012	4		1		0.008	0.029	
Manganese, Mn.....mg	0.120		2		1		0.034	0.119	
Selenium, Se.....µg	4.7		0	FLA	4		1.3	4.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.5		2		1		0.1	0.5	
Thiamin.....mg	0.121	0.013	12		1		0.034	0.120	
Riboflavin.....mg	0.263	0.011	12		1		0.075	0.260	
Niacin.....mg	0.493	0.031	12		1		0.140	0.488	
Pantothenic acid.....mg	0.612	0.056	10		1		0.174	0.606	
Vitamin B-6.....mg	0.052	0.002	10		1		0.015	0.051	
Folate, total.....µg	30		0	FLA	4		9	30	
Folic acid.....µg	12		0	NC	4		3	12	
Folate, food.....µg	18	1.918	10		1		5	18	
Folate, DFE.....mcg_DFE	38		0	NC	4		11	38	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.31	0.025	10		1		0.09	0.31	
Vitamin A, RAE.....mcg_RAE	96		0	NC	4		27	95	
Retinol.....µg	92		0	NC	4		26	91	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	366	35.454	4		1		104	362	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	6.691		0	FLA	4		1.897	6.624	
4:0.....g	0.282		0	FLA	4		0.080	0.279	

Cheesecake prepared from mix, no-bake type

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.120		0	FLA	4		0.034	0.119	
8:0.....g	0.096		0	FLA	4		0.027	0.095	
10:0.....g	0.201		0	FLA	4		0.057	0.199	
12:0.....g	0.181		0	FLA	4		0.051	0.179	
13:0.....g									
14:0.....g	0.969		0	FLA	4		0.275	0.959	
15:0.....g									
16:0.....g	3.109		0	FLA	4		0.881	3.078	
17:0.....g									
18:0.....g	1.487		0	FLA	4		0.422	1.472	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.519		0	FLA	4		1.281	4.474	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.242		0	FLA	4		0.069	0.240	
17:1.....g									
18:1 undifferentiated.....g	4.145		0	FLA	4		1.175	4.104	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.808		0	FLA	4		0.229	0.800	
18:2 undifferentiated.....g	0.650		0	FLA	4		0.184	0.644	
18:3 undifferentiated.....g	0.157		0	FLA	4		0.045	0.155	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	29		0	FLA	4		8	29	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.066		0		1		0.019	0.065	
Threonine.....g	0.209		0		1		0.059	0.207	
Isoleucine.....g	0.269		0		1		0.076	0.266	
Leucine.....g	0.468		0		1		0.133	0.463	
Lysine.....g	0.363		0		1		0.103	0.359	
Methionine.....g	0.116		0		1		0.033	0.115	
Cystine.....g	0.069		0		1		0.020	0.068	
Phenylalanine.....g	0.264		0		1		0.075	0.261	
Tyrosine.....g	0.220		0		1		0.062	0.218	
Valine.....g	0.302		0		1		0.086	0.299	
Arginine.....g	0.202		0		1		0.057	0.200	
Histidine.....g	0.147		0		1		0.042	0.146	
Alanine.....g	0.172		0		1		0.049	0.170	
Aspartic acid.....g	0.345		0		1		0.098	0.342	
Glutamic acid.....g	1.325		0		1		0.376	1.312	
Glycine.....g	0.132		0		1		0.037	0.131	
Proline.....g	0.519		0		1		0.147	0.514	
Serine.....g	0.279		0		1		0.079	0.276	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18148

Cheesecake prepared from mix, no-bake type

Measure 2 = 99g: 1 piece (1/12 of 9" dia)

Calories Factors: Protein 4.2

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

Cinnamon buns, frosted (includes honey buns)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....µg	0		0	FLC	4			0	
Vitamin K (phylloquinone).....µg	9.7	0.897	5	A	1			6.3	
Dihydrophyloquinone.....µg	4.1	0.437	3	A	1			2.7	
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	12.110		0	NC	4			7.872	
4:0.....g	0.007	0.000	10	A	1			0.005	
6:0.....g	0.000	0.000	10	A	1			0.000	
8:0.....g	0.012	0.000	10	A	1			0.008	
10:0.....g	0.025	0.002	10	A	1			0.016	
12:0.....g	0.088	0.005	10	A	1			0.057	
13:0.....g									
14:0.....g	0.247	0.002	10	A	1			0.161	
15:0.....g	0.014	0.000	10	A	1			0.009	
16:0.....g	9.994	0.162	10	A	1			6.496	
17:0.....g	0.028	0.001	10	A	1			0.018	
18:0.....g	1.568	0.026	10	A	1			1.019	
20:0.....g	0.086	0.001	10	A	1			0.056	
22:0.....g	0.023	0.000	10	A	1			0.015	
24:0.....g	0.019	0.000	10	A	1			0.012	
Fatty acids, total monounsaturated.....g	7.939		0	NC	4			5.160	
14:1.....g	0.000	0.000	10	A	1			0.000	
15:1.....g	0.000	0.000	10	A	1			0.000	
16:1 undifferentiated.....g	0.048	0.000	10	AS	1			0.031	
16:1 c.....g	0.048	0.000	10	A	1			0.031	
16:1 t.....g	0.000	0.000	10	A	1			0.000	
17:1.....g	0.006	0.000	10	A	1			0.004	
18:1 undifferentiated.....g	7.831	0.116	10	AS	1			5.090	
18:1 c.....g	7.670	0.115	10	A	1			4.986	
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.161	0.003	10	A	1			0.104	
18:1-11t (18:1t n-7).....g									
20:1.....g	0.054	0.001	10	A	1			0.035	
22:1 undifferentiated.....g	0.000	0.000	10	AS	1			0.000	
22:1 c.....g	0.000	0.000	10	A	1			0.000	
22:1 t.....g	0.000	0.000	10	A	1			0.000	
24:1 c.....g	0.000	0.000	10	A	1			0.000	
Fatty acids, total polyunsaturated.....g	2.994		0	NC	4			1.946	
18:2 undifferentiated.....g	2.834	0.045	10	AS	1			1.842	
18:2 n-6 c,c.....g	2.763	0.043	10	A	1			1.796	
18:2 CLAs.....g	0.010	0.001	10	A	1			0.007	
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.061	0.002	10	A	1			0.040	
18:3 undifferentiated.....g	0.148	0.003	10	AS	1			0.096	
18:3 n-3 c,c,c (ALA).....g	0.148	0.003	10	A	1			0.096	
18:3 n-6 c,c,c.....g	0.000	0.000	10	A	1			0.000	
18:3i.....g									
18:4.....g	0.000	0.000	10	A	1			0.000	
20:2 n-6 c,c.....g	0.005	0.000	10	A	1			0.003	
20:3 undifferentiated.....g	0.000	0.000	10	AS	1			0.000	
20:3 n-3.....g	0.000	0.000	10	A	1			0.000	
20:3 n-6.....g	0.000	0.000	10	A	1			0.000	
20:4 undifferentiated.....g	0.005	0.000	10	A	1			0.003	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.002	0.000	10	A	1			0.001	
21:5.....g									
22:4.....g	0.000	0.000	10	A	1			0.000	
22:5 n-3 (DPA).....g	0.000	0.000	10	A	1			0.000	

NDB No. 18964

Cinnamon buns, frosted (includes honey buns)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
22:6 n-3 (DHA).....g	0.000	0.000	10	A	1	0.000		
Fatty acids, total trans.....g	0.221		0	NC	4	0.144		
Fatty acids, total trans-monoenoic.....g	0.161		0	NC	4	0.104		
Fatty acids, total trans-polyenoic.....g	0.061		0	NC	4	0.040		
Cholesterol.....mg	3	0.029	6	A	1	2		
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	FLC	4	0.0		
Caffeine.....mg	0		0	FLC	4	0		
Theobromine.....mg	0		0	FLC	4	0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 65g: 1 bun

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18103
Coffecake, cheese

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	32.20	0.409	4		1		9.13	24.47	
Energy.....kcal	339		0	NC	4		96	258	
Energy.....kJ	1418				4		402	1078	
Protein (N x 6).....g	7.00	0.060	4		1		1.98	5.32	
Total lipid (fat).....g	15.20	0.170	4		1		4.31	11.55	
Ash.....g	1.20	0.029	4		1		0.34	0.91	
Carbohydrate, by difference.....g	44.30		0	NC	4		12.56	33.67	
Fiber, total dietary.....g	1.0		0		1		0.3	0.8	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	59		2		1		17	45	
Iron, Fe.....mg	0.64	0.057	4		1		0.18	0.49	
Magnesium, Mg.....mg	15	0.103	4		1		4	11	
Phosphorus, P.....mg	101		0	FLA	4		29	77	
Potassium, K.....mg	289		0		4		82	220	
Sodium, Na.....mg	339	14.505	4		1		96	258	
Zinc, Zn.....mg	0.59	0.004	4		1		0.17	0.45	
Copper, Cu.....mg	0.052	0.003	4		1		0.015	0.040	
Manganese, Mn.....mg	0.172	0.003	4		1		0.049	0.131	
Selenium, Se.....µg	13.3		0	FLA	4		3.8	10.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	FLA	4		0.0	0.1	
Thiamin.....mg	0.105	0.009	4		1		0.030	0.080	
Riboflavin.....mg	0.125	0.009	4		1		0.035	0.095	
Niacin.....mg	0.682	0.028	4		1		0.193	0.518	
Pantothenic acid.....mg	0.400		0	FLA	4		0.113	0.304	
Vitamin B-6.....mg	0.058		0	FLA	4		0.016	0.044	
Folate, total.....µg	39		0	FLA	4		11	30	
Folic acid.....µg	20			FLA	4		6	15	
Folate, food.....µg	19			FLA	4		5	14	
Folate, DFE.....mcg_DFE	53		0	NC	4		15	40	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.34		0	FLA	4		0.10	0.26	
Vitamin A, RAE.....mcg_RAE	86		0	NC	4		24	66	
Retinol.....µg	86		0	NC	4		24	66	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	287		0	FLA	4		81	218	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	5.391		0	FLA	4		1.528	4.097	
4:0.....g	0.112		0	FLA	4		0.032	0.085	

NDB No. 18103
Coffeecake, cheese

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			
6:0.....g	0.032		0	FLA 4	0.009	0.024	
8:0.....g	0.038		0	FLA 4	0.011	0.029	
10:0.....g	0.075		0	FLA 4	0.021	0.057	
12:0.....g	0.052		0	FLA 4	0.015	0.040	
13:0.....g							
14:0.....g	0.452		0	FLA 4	0.128	0.344	
15:0.....g							
16:0.....g	2.803		0	FLA 4	0.795	2.130	
17:0.....g							
18:0.....g	1.701		0	FLA 4	0.482	1.293	
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	7.129		0	FLA 4	2.021	5.418	
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.166		0	FLA 4	0.047	0.126	
17:1.....g							
18:1 undifferentiated.....g	6.903		0	FLA 4	1.957	5.246	
20:1.....g	0.005		0	FLA 4	0.001	0.004	
22:1 undifferentiated.....g	0.001		0	FLA 4	0.000	0.001	
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	1.645		0	FLA 4	0.466	1.250	
18:2 undifferentiated.....g	1.488		0	FLA 4	0.422	1.131	
18:3 undifferentiated.....g	0.125		0	FLA 4	0.035	0.095	
18:4.....g	0.000		0	FLA 4	0.000	0.000	
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.025		0	FLA 4	0.007	0.019	
20:5 n-3 (EPA).....g	0.001		0	FLA 4	0.000	0.001	
22:5 n-3 (DPA).....g	0.000		0	FLA 4	0.000	0.000	
22:6 n-3 (DHA).....g	0.006		0	FLA 4	0.002	0.005	
Fatty acids, total trans.....g							
Cholesterol.....mg	85		0	FLA 4	24	65	
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.076		0	1	0.022	0.058	
Threonine.....g	0.260		0	1	0.074	0.198	
Isoleucine.....g	0.326		0	1	0.092	0.248	
Leucine.....g	0.568		0	1	0.161	0.432	
Lysine.....g	0.401		0	1	0.114	0.305	
Methionine.....g	0.144		0	1	0.041	0.109	
Cystine.....g	0.110		0	1	0.031	0.084	
Phenylalanine.....g	0.352		0	1	0.100	0.268	
Tyrosine.....g	0.263		0	1	0.075	0.200	
Valine.....g	0.361		0	1	0.102	0.274	
Arginine.....g	0.299		0	1	0.085	0.227	
Histidine.....g	0.186		0	1	0.053	0.141	
Alanine.....g	0.255		0	1	0.072	0.194	
Aspartic acid.....g	0.470		0	1	0.133	0.357	
Glutamic acid.....g	1.751		0	1	0.496	1.331	
Glycine.....g	0.212		0	1	0.060	0.161	
Proline.....g	0.625		0	1	0.177	0.475	
Serine.....g	0.373		0	1	0.106	0.283	
Hydroxyproline.....g							
Others:							
Alcohol, ethyl.....g	0.0		0	7	0.0	0.0	
Caffeine.....mg							
Theobromine.....mg							

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18103

Coffeecake, cheese

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 76g: 1 piece (1/6 of 16 oz cake)

Calories Factors: Protein 4

Fat 8.8

Carbohydrate4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18104

Coffeecake, cinnamon with crumb topping, commercially prepared, enriched

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	21.90	1.785	9		1		6.21	12.48	13.80
Energy.....kcal	418		0	NC	4		119	238	263
Energy.....kJ	1749				4		496	997	1102
Protein (N x 5.8).....g	6.80	0.166	8		1		1.93	3.88	4.28
Total lipid (fat).....g	23.30	1.742	10		1		6.61	13.28	14.68
Ash.....g	1.40	0.070	10		1		0.40	0.80	0.88
Carbohydrate, by difference.....g	46.70		0	NC	4		13.24	26.62	29.42
Fiber, total dietary.....g	2.0		0		1		0.6	1.1	1.3
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	54	4.602	34		1		15	31	34
Iron, Fe.....mg	1.91	0.081	33		1		0.54	1.09	1.20
Magnesium, Mg.....mg	22	0.678	34		1		6	13	14
Phosphorus, P.....mg	108	3.116	33		1		31	62	68
Potassium, K.....mg	123	3.595	32		1		35	70	77
Sodium, Na.....mg	351	13.121	35		1		100	200	221
Zinc, Zn.....mg	0.81	0.035	33		1		0.23	0.46	0.51
Copper, Cu.....mg	0.125	0.006	32		1		0.035	0.071	0.079
Manganese, Mn.....mg	0.450		0	FLA	4		0.128	0.257	0.284
Selenium, Se.....µg	17.2	0.890	33	A	1		4.9	9.8	10.8
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		0	FLA	4		0.1	0.2	0.2
Thiamin.....mg	0.209	0.006	11		1		0.059	0.119	0.132
Riboflavin.....mg	0.229	0.010	11		1		0.065	0.131	0.144
Niacin.....mg	1.678	0.064	11		1		0.476	0.956	1.057
Pantothenic acid.....mg	0.655	0.011	8		1		0.186	0.373	0.413
Vitamin B-6.....mg	0.027	0.000	8		1		0.008	0.015	0.017
Folate, total.....µg	61		0	FLA	4		17	35	38
Folic acid.....µg	29		0	NC	4		8	17	18
Folate, food.....µg	32	0.898	8		1		9	18	20
Folate, DFE.....mcg_DFE	81		0	NC	4		23	46	51
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.18		0	FLA	4		0.05	0.10	0.11
Vitamin A, RAE.....mcg_RAE	33		0	NC	4		9	19	21
Retinol.....µg	33		0	NC	4		9	19	21
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	111		0	FLA	4		31	63	70
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	5.797		0	FLA	4		1.643	3.304	3.652
4:0.....g	0.001		0	FLA	4		0.000	0.001	0.001

Coffeecake, cinnamon with crumb topping, commercially prepared, enriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0.....g	0.001		0	FLA	4		0.000	0.001	0.001
10:0.....g	0.001		0	FLA	4		0.000	0.001	0.001
12:0.....g	0.001		0	FLA	4		0.000	0.001	0.001
13:0.....g									
14:0.....g	0.114		0	FLA	4		0.032	0.065	0.072
15:0.....g									
16:0.....g	3.086		0	FLA	4		0.875	1.759	1.944
17:0.....g									
18:0.....g	2.575		0	FLA	4		0.730	1.468	1.622
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	12.976		0	FLA	4		3.679	7.396	8.175
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.059		0	FLA	4		0.017	0.034	0.037
17:1.....g									
18:1 undifferentiated.....g	12.905		0	FLA	4		3.659	7.356	8.130
20:1.....g	0.005		0	FLA	4		0.001	0.003	0.003
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.120		0	FLA	4		0.885	1.778	1.966
18:2 undifferentiated.....g	2.944		0	FLA	4		0.835	1.678	1.855
18:3 undifferentiated.....g	0.151		0	FLA	4		0.043	0.086	0.095
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.019		0	FLA	4		0.005	0.011	0.012
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.005		0	FLA	4		0.001	0.003	0.003
Fatty acids, total trans.....g									
Cholesterol.....mg	32	1.155	3		1		9	18	20
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.082		0		1		0.023	0.047	0.052
Threonine.....g	0.227		0		1		0.064	0.129	0.143
Isoleucine.....g	0.287		0		1		0.081	0.164	0.181
Leucine.....g	0.500		0		1		0.142	0.285	0.315
Lysine.....g	0.260		0		1		0.074	0.148	0.164
Methionine.....g	0.122		0		1		0.035	0.070	0.077
Cystine.....g	0.127		0		1		0.036	0.072	0.080
Phenylalanine.....g	0.324		0		1		0.092	0.185	0.204
Tyrosine.....g	0.218		0		1		0.062	0.124	0.137
Valine.....g	0.318		0		1		0.090	0.181	0.200
Arginine.....g	0.310		0		1		0.088	0.177	0.195
Histidine.....g	0.154		0		1		0.044	0.088	0.097
Alanine.....g	0.248		0		1		0.070	0.141	0.156
Aspartic acid.....g	0.415		0		1		0.118	0.237	0.261
Glutamic acid.....g	1.897		0		1		0.538	1.081	1.195
Glycine.....g	0.237		0		1		0.067	0.135	0.149
Proline.....g	0.634		0		1		0.180	0.361	0.399
Serine.....g	0.346		0		1		0.098	0.197	0.218
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18104

Coffeecake, cinnamon with crumb topping, commercially prepared, enriched

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 1 individual cake

Measure 3 = 63g: 1 piece (1/9 of 20 oz cake)

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18417

Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	21.90	1.785	9		1		6.21	12.48	13.80
Energy.....kcal	418		0	NC	4		119	238	263
Energy.....kJ	1749				4		496	997	1102
Protein (N x 5.8).....g	6.80	0.166	8		1		1.93	3.88	4.28
Total lipid (fat).....g	23.30	1.742	10		1		6.61	13.28	14.68
Ash.....g	1.40	0.070	10		1		0.40	0.80	0.88
Carbohydrate, by difference.....g	46.70		0		4		13.24	26.62	29.42
Fiber, total dietary.....g	2.0		0	BFZN	4		0.6	1.1	1.3
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	54	4.602	34		1		15	31	34
Iron, Fe.....mg	0.78		0	BFZN	4		0.22	0.44	0.49
Magnesium, Mg.....mg	22	0.678	34		1		6	13	14
Phosphorus, P.....mg	108	3.116	33		1		31	62	68
Potassium, K.....mg	123	3.595	32		1		35	70	77
Sodium, Na.....mg	351	13.121	35		1		100	200	221
Zinc, Zn.....mg	0.81	0.035	33		1		0.23	0.46	0.51
Copper, Cu.....mg	0.125	0.006	32		1		0.035	0.071	0.079
Manganese, Mn.....mg	0.451	0.022	32		1		0.128	0.257	0.284
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		0	BFZN	4		0.1	0.2	0.2
Thiamin.....mg	0.135		0	BFZN	4		0.038	0.077	0.085
Riboflavin.....mg	0.095		0	BFZN	4		0.027	0.054	0.060
Niacin.....mg	0.880		0	BFZN	4		0.249	0.502	0.554
Pantothenic acid.....mg	0.655	0.011	8		1		0.186	0.373	0.413
Vitamin B-6.....mg	0.027	0.000	8		1		0.008	0.015	0.017
Folate, total.....µg	32	0.898	8		1		9	18	20
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	32	0.898	8		1		9	18	20
Folate, DFE.....mcg_DFE	32		0	NC	4		9	18	20
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.18		0	BFZN	4		0.05	0.10	0.11
Vitamin A, RAE.....mcg_RAE	33		0	NC	4		9	19	21
Retinol.....µg	33		0	NC	4		9	19	21
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	111		0	BFZN	4		31	63	70
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	5.797		0	BFZN	4		1.643	3.304	3.652
4:0.....g	0.001		0		4		0.000	0.001	0.001

Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.001		0	BFZN	4		0.000	0.001	0.001
10:0.....g	0.001		0		4		0.000	0.001	0.001
12:0.....g	0.001		0		4		0.000	0.001	0.001
13:0.....g									
14:0.....g	0.114		0	BFZN	4		0.032	0.065	0.072
15:0.....g									
16:0.....g	3.086		0	BFZN	4		0.875	1.759	1.944
17:0.....g									
18:0.....g	2.575		0	BFZN	4		0.730	1.468	1.622
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	12.976		0	BFZN	4		3.679	7.396	8.175
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.059		0	BFZN	4		0.017	0.034	0.037
17:1.....g									
18:1 undifferentiated.....g	12.905		0	BFZN	4		3.659	7.356	8.130
20:1.....g	0.005		0	BFZN	4		0.001	0.003	0.003
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.120		0	BFZN	4		0.885	1.778	1.966
18:2 undifferentiated.....g	2.944		0	BFZN	4		0.835	1.678	1.855
18:3 undifferentiated.....g	0.151		0	BFZN	4		0.043	0.086	0.095
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.019		0	BFZN	4		0.005	0.011	0.012
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g	0.005		0	BFZN	4		0.001	0.003	0.003
Fatty acids, total trans.....g									
Cholesterol.....mg	32	1.155	3		1		9	18	20
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.082		0		4		0.023	0.047	0.052
Threonine.....g	0.227		0		4		0.064	0.129	0.143
Isoleucine.....g	0.287		0		4		0.081	0.164	0.181
Leucine.....g	0.500		0		4		0.142	0.285	0.315
Lysine.....g	0.260		0		4		0.074	0.148	0.164
Methionine.....g	0.122		0		4		0.035	0.070	0.077
Cystine.....g	0.127		0		4		0.036	0.072	0.080
Phenylalanine.....g	0.324		0		4		0.092	0.185	0.204
Tyrosine.....g	0.218		0		4		0.062	0.124	0.137
Valine.....g	0.318		0		4		0.090	0.181	0.200
Arginine.....g	0.310		0		4		0.088	0.177	0.195
Histidine.....g	0.154		0		4		0.044	0.088	0.097
Alanine.....g	0.248		0		4		0.070	0.141	0.156
Aspartic acid.....g	0.415		0		4		0.118	0.237	0.261
Glutamic acid.....g	1.897		0		4		0.538	1.081	1.195
Glycine.....g	0.237		0		4		0.067	0.135	0.149
Proline.....g	0.634		0		4		0.180	0.361	0.399
Serine.....g	0.346		0		4		0.098	0.197	0.218
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18417

Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched

Measure 2 = 57g: 1 individual cake

Measure 3 = 63g: 1 piece (1/9 of 20 oz cake)

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18107

Coffeecake, cinnamon with crumb topping, dry mix

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.30	0.112	25		1		0.94	9.83	
Energy.....kcal	436		0	NC	4		124	1299	
Energy.....kJ	1824		0		4		517	5436	
Protein (N x 5.7).....g	4.80	0.087	26		1		1.36	14.30	
Total lipid (fat).....g	12.00	0.105	26		1		3.40	35.76	
Ash.....g	2.10	0.034	24		1		0.60	6.26	
Carbohydrate, by difference.....g	77.70		0	NC	4		22.03	231.55	
Fiber, total dietary.....g	1.8		0		4		0.5	5.4	
Sugars, total.....g	42.52		0	FLA	4		12.05	126.71	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	148	3.419	21		1		42	441	
Iron, Fe.....mg	1.90	0.038	21		1		0.54	5.66	
Magnesium, Mg.....mg	19	1.862	9		1		5	57	
Phosphorus, P.....mg	256	10.853	21		1		73	763	
Potassium, K.....mg	87	8.277	18		1		25	259	
Sodium, Na.....mg	596	15.384	18		1		169	1776	
Zinc, Zn.....mg	0.34	0.011	10		1		0.10	1.01	
Copper, Cu.....mg	0.220	0.000	10		1		0.062	0.656	
Manganese, Mn.....mg	0.411		0	FLA	4		0.117	1.225	
Selenium, Se.....µg	16.1		0	FLA	4		4.6	48.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		0	FLA	4		0.1	0.6	
Thiamin.....mg	0.291	0.012	22		1		0.082	0.867	
Riboflavin.....mg	0.130	0.008	9		1		0.037	0.387	
Niacin.....mg	2.505	0.129	21		1		0.710	7.465	
Pantothenic acid.....mg	0.133	0.006	10		1		0.038	0.396	
Vitamin B-6.....mg	0.044	0.003	10		1		0.012	0.131	
Folate, total.....µg	86		0	FLA	4		24	255	
Folic acid.....µg	71		0		4		20	212	
Folate, food.....µg	15		0		4		4	45	
Folate, DFE.....mcg_DFE	136		0	NC	4		38	404	
Choline, total.....mg	4.7		0	FLC	4		1.3	14.0	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	7		0	NC	4		2	20	
Retinol.....µg	7		0	FLA	4		2	20	
Carotene, beta.....µg	0		0	FLA	4		0	1	
Carotene, alpha.....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....µg	1		0	FLA	4		0	4	
Vitamin A, IU.....IU	24		0	NC	4		7	71	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	11		0	FLA	4		3	32	
Vitamin E (alpha-tocopherol).....mg	0.12		0	FLA	4		0.04	0.37	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	5.3		0	FLA	4		1.5	15.7	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Coffeecake, cinnamon with crumb topping, dry mix

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	2.957		0	FLA	4		0.838	8.812	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.047		0	FLA	4		0.013	0.140	
15:0.....g									
16:0.....g	1.696		0	FLA	4		0.481	5.054	
17:0.....g									
18:0.....g	1.226		0	FLA	4		0.348	3.653	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.172		0	FLA	4		1.466	15.413	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	5.172		0	FLA	4		1.466	15.413	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.204		0	FLA	4		0.908	9.548	
18:2 undifferentiated.....g	3.009		0	FLA	4		0.853	8.967	
18:3 undifferentiated.....g	0.195		0	FLA	4		0.055	0.581	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.056		0		1		0.016	0.167	
Threonine.....g	0.128		0		1		0.036	0.381	
Isoleucine.....g	0.178		0		1		0.050	0.530	
Leucine.....g	0.332		0		1		0.094	0.989	
Lysine.....g	0.093		0		1		0.026	0.277	
Methionine.....g	0.084		0		1		0.024	0.250	
Cystine.....g	0.108		0		1		0.031	0.322	
Phenylalanine.....g	0.237		0		1		0.067	0.706	
Tyrosine.....g	0.131		0		1		0.037	0.390	
Valine.....g	0.201		0		1		0.057	0.599	
Arginine.....g	0.167		0		1		0.047	0.498	
Histidine.....g	0.102		0		1		0.029	0.304	
Alanine.....g	0.147		0		1		0.042	0.438	
Aspartic acid.....g	0.194		0		1		0.055	0.578	
Glutamic acid.....g	1.683		0		1		0.477	5.015	
Glycine.....g	0.164		0		1		0.046	0.489	
Proline.....g	0.565		0		1		0.160	1.684	
Serine.....g	0.233		0		1		0.066	0.694	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18107

Coffeecake, cinnamon with crumb topping, dry mix

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 298g: 1 package (10.5 oz)

Calories Factors: Protein 4

Fat 8.8

Carbohydrate4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18108

Coffecake, cinnamon with crumb topping, dry mix, prepared

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	30.50		0		4		8.65	17.08	
Energy.....kcal	318		0		4		90	178	
Energy.....kJ	1331		0		4		377	745	
Protein (N x 0).....g	5.50		0		4		1.56	3.08	
Total lipid (fat).....g	9.60		0		4		2.72	5.38	
Ash.....g	1.70		0		4		0.48	0.95	
Carbohydrate, by difference.....g	52.80		0		4		14.97	29.57	
Fiber, total dietary.....g	1.2		0		4		0.3	0.7	
Sugars, total.....g	29.53		0	RA	4		8.37	16.54	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	136		0		4		39	76	
Iron, Fe.....mg	1.43		0		4		0.41	0.80	
Magnesium, Mg.....mg	18		0		4		5	10	
Phosphorus, P.....mg	215		0		4		61	120	
Potassium, K.....mg	112		0		4		32	63	
Sodium, Na.....mg	421		0		4		119	236	
Zinc, Zn.....mg	0.45		0		4		0.13	0.25	
Copper, Cu.....mg	0.149		0		4		0.042	0.083	
Manganese, Mn.....mg	0.310		0		4		0.088	0.174	
Selenium, Se.....µg	16.7		0	RK	4		4.7	9.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		0		4		0.1	0.1	
Thiamin.....mg	0.167		0		4		0.047	0.094	
Riboflavin.....mg	0.175		0		4		0.050	0.098	
Niacin.....mg	1.519		0		4		0.431	0.851	
Pantothenic acid.....mg	0.269		0		4		0.076	0.151	
Vitamin B-6.....mg	0.050		0		4		0.014	0.028	
Folate, total.....µg	48		0	RK	4		14	27	
Folic acid.....µg	36		0	NC	4		10	20	
Folate, food.....µg	12		0		4		3	7	
Folate, DFE.....mcg_DFE	73		0	NC	4		21	41	
Choline, total.....mg	28.5		0	RA	4		8.1	16.0	
Betaine.....mg									
Vitamin B-12.....µg	0.14		0		4		0.04	0.08	
Vitamin B-12, added.....µg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	35		0	NC	4		10	20	
Retinol.....µg	35		0	RA	4		10	19	
Carotene, beta.....µg	2		0	RA	4		1	1	
Carotene, alpha.....µg	0		0	RA	4		0	0	
Cryptoxanthin, beta.....µg	2		0	RA	4		1	1	
Vitamin A, IU.....IU	139		0		4		39	78	
Lycopene.....µg	0		0	RA	4		0	0	
Lutein + zeaxanthin.....µg	43		0	RA	4		12	24	
Vitamin E (alpha-tocopherol).....mg	0.20		0	RA	4		0.06	0.11	
Vitamin E, added.....mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.5		0	RA	4		0.1	0.3	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	19		0	RA	4		5	10	
Vitamin K (phylloquinone).....µg	3.6		0	RA	4		1.0	2.0	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Coffecake, cinnamon with crumb topping, dry mix, prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.855		0		4		0.526	1.039	
4:0.....g	0.017		0		4		0.005	0.010	
6:0.....g	0.010		0		4		0.003	0.006	
8:0.....g	0.006		0		4		0.002	0.003	
10:0.....g	0.014		0		4		0.004	0.008	
12:0.....g	0.016		0		4		0.005	0.009	
13:0.....g									
14:0.....g	0.066		0		4		0.019	0.037	
15:0.....g									
16:0.....g	1.186		0		4		0.336	0.664	
17:0.....g									
18:0.....g	0.533		0		4		0.151	0.298	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.851		0		4		1.092	2.157	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.075		0		4		0.021	0.042	
17:1.....g									
18:1 undifferentiated.....g	3.770		0		4		1.069	2.111	
20:1.....g	0.003		0		4		0.001	0.002	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.165		0		4		0.897	1.772	
18:2 undifferentiated.....g	2.928		0		4		0.830	1.640	
18:3 undifferentiated.....g	0.217		0		4		0.062	0.122	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.016		0		4		0.005	0.009	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.004		0		4		0.001	0.002	
Fatty acids, total trans.....g									
Cholesterol.....mg	49		0		4		14	27	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.066		0		4		0.019	0.037	
Threonine.....g	0.190		0		4		0.054	0.106	
Isoleucine.....g	0.245		0		4		0.069	0.137	
Leucine.....g	0.422		0		4		0.120	0.236	
Lysine.....g	0.229		0		4		0.065	0.128	
Methionine.....g	0.120		0		4		0.034	0.067	
Cystine.....g	0.111		0		4		0.031	0.062	
Phenylalanine.....g	0.271		0		4		0.077	0.152	
Tyrosine.....g	0.185		0		4		0.052	0.104	
Valine.....g	0.275		0		4		0.078	0.154	
Arginine.....g	0.224		0		4		0.064	0.125	
Histidine.....g	0.123		0		4		0.035	0.069	
Alanine.....g	0.203		0		4		0.058	0.114	
Aspartic acid.....g	0.332		0		4		0.094	0.186	
Glutamic acid.....g	1.472		0		4		0.417	0.824	
Glycine.....g	0.173		0		4		0.049	0.097	
Proline.....g	0.511		0		4		0.145	0.286	
Serine.....g	0.303		0		4		0.086	0.170	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18108

Coffeecake, cinnamon with crumb topping, dry mix, prepared

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 56g: 1 piece (1/8 of 8" x 5-3/4" cake)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18105

Coffeecake, creme-filled with chocolate frosting

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	29.10		2		1		8.25	26.19	
Energy.....kcal	331		0		4		94	298	
Energy.....kJ	1385				4		393	1246	
Protein (N x 5.8).....g	5.00		2		1		1.42	4.50	
Total lipid (fat).....g	10.80		2		1		3.06	9.72	
Ash.....g	1.10		2		1		0.31	0.99	
Carbohydrate, by difference.....g	53.80		0	NC	4		15.25	48.42	
Fiber, total dietary.....g	2.0		0		1		0.6	1.8	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	38		2		1		11	34	
Iron, Fe.....mg	0.51		2		1		0.14	0.46	
Magnesium, Mg.....mg	15		2		1		4	14	
Phosphorus, P.....mg	75		2		1		21	68	
Potassium, K.....mg	78		0	FLA	4		22	70	
Sodium, Na.....mg	323		2		1		92	291	
Zinc, Zn.....mg	0.44		2		1		0.12	0.40	
Copper, Cu.....mg	0.070		2		1		0.020	0.063	
Manganese, Mn.....mg	0.190		2		1		0.054	0.171	
Selenium, Se.....µg	14.4		0	FLA	4		4.1	13.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	FLA	4		0.0	0.1	
Thiamin.....mg	0.080		2		1		0.023	0.072	
Riboflavin.....mg	0.074		2		1		0.021	0.067	
Niacin.....mg	0.840		2		1		0.238	0.756	
Pantothenic acid.....mg	0.392		0	FLA	4		0.111	0.353	
Vitamin B-6.....mg	0.041		0	FLA	4		0.012	0.037	
Folate, total.....µg	41		0	FLA	4		12	37	
Folic acid.....µg	24			FLA	4		7	22	
Folate, food.....µg	17			FLA	4		5	15	
Folate, DFE.....mcg_DFE	58		0	NC	4		16	52	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.20		0	FLA	4		0.06	0.18	
Vitamin A, RAE.....mcg_RAE	37		0	NC	4		10	33	
Retinol.....µg	37		0	NC	4		10	33	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	123		0	FLA	4		35	111	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	2.833		0	FLA	4		0.803	2.550	
4:0.....g	0.001		0	FLA	4		0.000	0.001	

Coffeecake, creme-filled with chocolate frosting

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.001		0	FLA	4		0.000	0.001	
10:0.....g	0.001		0	FLA	4		0.000	0.001	
12:0.....g	0.001		0	FLA	4		0.000	0.001	
13:0.....g									
14:0.....g	0.050		0	FLA	4		0.014	0.045	
15:0.....g									
16:0.....g	1.571		0	FLA	4		0.445	1.414	
17:0.....g									
18:0.....g	1.195		0	FLA	4		0.339	1.076	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.664		0	FLA	4		1.606	5.098	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.054		0	FLA	4		0.015	0.049	
17:1.....g									
18:1 undifferentiated.....g	5.603		0	FLA	4		1.588	5.043	
20:1.....g	0.005		0	FLA	4		0.001	0.005	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.465		0	FLA	4		0.415	1.319	
18:2 undifferentiated.....g	1.365		0	FLA	4		0.387	1.229	
18:3 undifferentiated.....g	0.069		0	FLA	4		0.020	0.062	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.024		0	FLA	4		0.007	0.022	
20:5 n-3 (EPA).....g	0.001		0	FLA	4		0.000	0.001	
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g	0.006		0	FLA	4		0.002	0.005	
Fatty acids, total trans.....g									
Cholesterol.....mg	69		0	FLA	4		20	62	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.058		0		1		0.016	0.052	
Threonine.....g	0.161		0		1		0.046	0.145	
Isoleucine.....g	0.203		0		1		0.058	0.183	
Leucine.....g	0.362		0		1		0.103	0.326	
Lysine.....g	0.168		0		1		0.048	0.151	
Methionine.....g	0.092		0		1		0.026	0.083	
Cystine.....g	0.102		0		1		0.029	0.092	
Phenylalanine.....g	0.242		0		1		0.069	0.218	
Tyrosine.....g	0.154		0		1		0.044	0.139	
Valine.....g	0.229		0		1		0.065	0.206	
Arginine.....g	0.207		0		1		0.059	0.186	
Histidine.....g	0.112		0		1		0.032	0.101	
Alanine.....g	0.182		0		1		0.052	0.164	
Aspartic acid.....g	0.279		0		1		0.079	0.251	
Glutamic acid.....g	1.498		0		1		0.425	1.348	
Glycine.....g	0.178		0		1		0.050	0.160	
Proline.....g	0.500		0		1		0.142	0.450	
Serine.....g	0.256		0		1		0.073	0.230	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18105

Coffeecake, creme-filled with chocolate frosting

Measure 2 = 90g: 1 piece (1/6 of 19 oz cake)

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18106
Coffeecake, fruit

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	31.70	3.832	3		1		8.99	15.85	
Energy.....kcal	311		0		4		88	156	
Energy.....kJ	1301				4		369	651	
Protein (N x 5.8).....g	5.20	0.204	3		1		1.47	2.60	
Total lipid (fat).....g	10.20	2.604	4		1		2.89	5.10	
Ash.....g	1.20	0.014	5		1		0.34	0.60	
Carbohydrate, by difference.....g	51.50		0	NC	4		14.60	25.75	
Fiber, total dietary.....g	2.5		0		1		0.7	1.3	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	45	14.292	3		1		13	23	
Iron, Fe.....mg	2.43	0.423	3		1		0.69	1.22	
Magnesium, Mg.....mg	17	2.501	3		1		5	9	
Phosphorus, P.....mg	118	27.140	3		1		33	59	
Potassium, K.....mg	90	7.760	3		1		26	45	
Sodium, Na.....mg	385	19.248	3		1		109	193	
Zinc, Zn.....mg	0.65		2		1		0.18	0.33	
Copper, Cu.....mg	0.030		2		1		0.009	0.015	
Manganese, Mn.....mg	0.240		2		1		0.068	0.120	
Selenium, Se.....µg	16.5		0	FLA	4		4.7	8.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.8	0.033	9		1		0.2	0.4	
Thiamin.....mg	0.037	0.013	9		1		0.010	0.019	
Riboflavin.....mg	0.190	0.007	9		1		0.054	0.095	
Niacin.....mg	2.573	0.052	9		1		0.729	1.287	
Pantothenic acid.....mg	0.660	0.012	8		1		0.187	0.330	
Vitamin B-6.....mg	0.037	0.000	8		1		0.010	0.019	
Folate, total.....µg	47		0	FLA	4		13	24	
Folic acid.....µg	28		0	NC	4		8	14	
Folate, food.....µg	19	1.029	8		1		5	10	
Folate, DFE.....mcg_DFE	67		0	NC	4		19	33	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.02		0	FLA	4		0.01	0.01	
Vitamin A, RAE.....mcg_RAE	7		0	NC	4		2	4	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	140		1		1		40	70	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	2.495		0	FLA	4		0.707	1.248	
4:0.....g	0.000		0	FLA	4		0.000	0.000	

NDB No. 18106
Coffeecake, fruit

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.048		0	FLA	4		0.014	0.024	
15:0.....g									
16:0.....g	1.321		0	FLA	4		0.375	0.661	
17:0.....g									
18:0.....g	1.117		0	FLA	4		0.317	0.559	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.557		0	FLA	4		1.575	2.779	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012		0	FLA	4		0.003	0.006	
17:1.....g									
18:1 undifferentiated.....g	5.543		0	FLA	4		1.571	2.772	
20:1.....g	0.001		0	FLA	4		0.000	0.001	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.473		0	FLA	4		0.418	0.737	
18:2 undifferentiated.....g	1.390		0	FLA	4		0.394	0.695	
18:3 undifferentiated.....g	0.079		0	FLA	4		0.022	0.040	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0	FLA	4		0.001	0.001	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.001		0	FLA	4		0.000	0.001	
Fatty acids, total trans.....g									
Cholesterol.....mg	7		0	FLA	4		2	4	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.058		0		1		0.016	0.029	
Threonine.....g	0.165		0		1		0.047	0.083	
Isoleucine.....g	0.207		0		1		0.059	0.104	
Leucine.....g	0.364		0		1		0.103	0.182	
Lysine.....g	0.187		0		1		0.053	0.094	
Methionine.....g	0.094		0		1		0.027	0.047	
Cystine.....g	0.098		0		1		0.028	0.049	
Phenylalanine.....g	0.249		0		1		0.071	0.125	
Tyrosine.....g	0.153		0		1		0.043	0.077	
Valine.....g	0.238		0		1		0.067	0.119	
Arginine.....g	0.253		0		1		0.072	0.127	
Histidine.....g	0.112		0		1		0.032	0.056	
Alanine.....g	0.226		0		1		0.064	0.113	
Aspartic acid.....g	0.328		0		1		0.093	0.164	
Glutamic acid.....g	1.435		0		1		0.407	0.718	
Glycine.....g	0.274		0		1		0.078	0.137	
Proline.....g	0.516		0		1		0.146	0.258	
Serine.....g	0.261		0		1		0.074	0.131	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18106
Coffeecake, fruit

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 50g: 1 piece (1/8 cake)

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18150

Cookies, animal crackers (includes arrowroot, tea biscuits)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.90	0.182	42		1		1.11	0.19	0.10
Energy.....kcal	446		0	NC	4		126	22	11
Energy.....kJ	1866		0		4		529	91	47
Protein (N x 5.7).....g	6.90	0.155	46		1		1.96	0.34	0.17
Total lipid (fat).....g	13.80	0.229	46		1		3.91	0.68	0.35
Ash.....g	1.30	0.028	44		1		0.37	0.06	0.03
Carbohydrate, by difference.....g	74.10		0	NC	4		21.01	3.63	1.85
Fiber, total dietary.....g	1.1		0		4		0.3	0.1	0.0
Sugars, total.....g	13.93		0	FLA	4		3.95	0.68	0.35
Starch.....g									
Minerals:									
Calcium, Ca.....mg	43	5.640	36		1		12	2	1
Iron, Fe.....mg	2.75	0.067	37		1		0.78	0.13	0.07
Magnesium, Mg.....mg	18	0.492	32		1		5	1	0
Phosphorus, P.....mg	114	6.234	35		1		32	6	3
Potassium, K.....mg	100	2.786	34		1		28	5	3
Sodium, Na.....mg	482		0	LC	8		137	24	12
Zinc, Zn.....mg	0.64	0.029	32		1		0.18	0.03	0.02
Copper, Cu.....mg	0.157	0.012	31		1		0.045	0.008	0.004
Manganese, Mn.....mg	0.423	0.015	27		1		0.120	0.021	0.011
Selenium, Se.....µg	7.0	2.000	4	A	1		2.0	0.3	0.2
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	0.0
Thiamin.....mg	0.350	0.015	37		1		0.099	0.017	0.009
Riboflavin.....mg	0.326	0.015	34		1		0.092	0.016	0.008
Niacin.....mg	3.470	0.124	35		1		0.984	0.170	0.087
Pantothenic acid.....mg	0.376		2		1		0.107	0.018	0.009
Vitamin B-6.....mg	0.022		2		1		0.006	0.001	0.001
Folate, total.....µg	103		0	FLA	4		29	5	3
Folic acid.....µg	89		0		4		25	4	2
Folate, food.....µg	14		1		1		4	1	0
Folate, DFE.....mcg_DFE	165		0	NC	4		47	8	4
Choline, total.....mg	9.4		0	FLC	4		2.7	0.5	0.2
Betaine.....mg									
Vitamin B-12.....µg	0.05		1		1		0.01	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....µg	0		0	FLA	4		0	0	0
Carotene, beta.....µg	0		0	FLA	4		0	0	0
Carotene, alpha.....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	0
Vitamin A, IU.....IU	0		0	NC	4		0	0	0
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	2		0	FLA	4		1	0	0
Vitamin E (alpha-tocopherol).....mg	0.12		0	FLA	4		0.03	0.01	0.00
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	5.9		0	FLA	4		1.7	0.3	0.1
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	3.463		0	FLA	4		0.982	0.170	0.087
4:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
12:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.067		0	FLA	4		0.019	0.003	0.002
15:0.....g									
16:0.....g	1.797		0	FLA	4		0.509	0.088	0.045
17:0.....g									
18:0.....g	1.591		0	FLA	4		0.451	0.078	0.040
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.666		0	FLA	4		2.173	0.376	0.192
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	FLA	4		0.001	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	7.663		0	FLA	4		2.172	0.375	0.192
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.873		0	FLA	4		0.531	0.092	0.047
18:2 undifferentiated.....g	1.776		0	FLA	4		0.503	0.087	0.044
18:3 undifferentiated.....g	0.096		0	FLA	4		0.027	0.005	0.002
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.099		0		1		0.028	0.005	0.002
Threonine.....g	0.193		0		1		0.055	0.009	0.005
Isoleucine.....g	0.263		0		1		0.075	0.013	0.007
Leucine.....g	0.470		0		1		0.133	0.023	0.012
Lysine.....g	0.242		0		1		0.069	0.012	0.006
Methionine.....g	0.116		0		1		0.033	0.006	0.003
Cystine.....g	0.149		0		1		0.042	0.007	0.004
Phenylalanine.....g	0.324		0		1		0.092	0.016	0.008
Tyrosine.....g	0.196		0		1		0.056	0.010	0.005
Valine.....g	0.303		0		1		0.086	0.015	0.008
Arginine.....g	0.263		0		1		0.075	0.013	0.007
Histidine.....g	0.140		0		1		0.040	0.007	0.004
Alanine.....g	0.209		0		1		0.059	0.010	0.005
Aspartic acid.....g	0.292		0		1		0.083	0.014	0.007
Glutamic acid.....g	2.262		0		1		0.641	0.111	0.057
Glycine.....g	0.231		0		1		0.065	0.011	0.006
Proline.....g	0.763		0		1		0.216	0.037	0.019
Serine.....g	0.362		0		1		0.103	0.018	0.009
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18150

Cookies, animal crackers (includes arrowroot, tea biscuits)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 4.9g: 1 Arrowroot biscuit (include Arrowroot cookie)

Measure 3 = 2.5g: 1 cracker

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18151

Cookies, brownies, commercially prepared

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	13.60	0.647	15		1		3.86	7.62	8.30
Energy.....kcal	405		0		4		115	227	247
Energy.....kJ	1695		0		4		480	949	1034
Protein (N x 5.9).....g	4.80	0.173	19		1		1.36	2.69	2.93
Total lipid (fat).....g	16.30	0.610	21		1		4.62	9.13	9.94
Ash.....g	1.30	0.083	16		1		0.37	0.73	0.79
Carbohydrate, by difference.....g	63.90		0		4		18.12	35.78	38.98
Fiber, total dietary.....g	2.1		0		1		0.6	1.2	1.3
Sugars, total.....g	36.61		0	FLA	4		10.38	20.50	22.33
Starch.....g									
Minerals:									
Calcium, Ca.....mg	29	2.976	18		1		8	16	18
Iron, Fe.....mg	2.25	0.156	18		1		0.64	1.26	1.37
Magnesium, Mg.....mg	31	1.880	11		1		9	17	19
Phosphorus, P.....mg	101	8.275	12		1		29	57	62
Potassium, K.....mg	149	17.040	11		1		42	83	91
Sodium, Na.....mg	257		0	LC	8		73	144	157
Zinc, Zn.....mg	0.72	0.033	9		1		0.20	0.40	0.44
Copper, Cu.....mg	0.224	0.021	10		1		0.064	0.125	0.137
Manganese, Mn.....mg	0.128		0	FLA	4		0.036	0.072	0.078
Selenium, Se.....µg	6.3		0	FLA	4		1.8	3.5	3.8
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	0.0
Thiamin.....mg	0.255	0.034	16		1		0.072	0.143	0.156
Riboflavin.....mg	0.210	0.016	18		1		0.060	0.118	0.128
Niacin.....mg	1.721	0.234	17		1		0.488	0.964	1.050
Pantothenic acid.....mg	0.547		1		1		0.155	0.306	0.334
Vitamin B-6.....mg	0.035		1		1		0.010	0.020	0.021
Folate, total.....µg	47		0	FLA	4		13	27	29
Folic acid.....µg	35		0		4		10	20	21
Folate, food.....µg	12		0		4		3	7	7
Folate, DFE.....mcg_DFE	72		0	NC	4		20	40	44
Choline, total.....mg	10.0		0	FLC	4		2.8	5.6	6.1
Betaine.....mg									
Vitamin B-12.....µg	0.07		0	FLA	4		0.02	0.04	0.04
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	20		0	NC	4		6	11	12
Retinol.....µg	20		0	FLA	4		6	11	12
Carotene, beta.....µg	0		0	FLA	4		0	0	0
Carotene, alpha.....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	0
Vitamin A, IU.....IU	69		0	NC	4		19	38	42
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	6		0	FLA	4		2	3	4
Vitamin E (alpha-tocopherol).....mg	0.15		0	FLA	4		0.04	0.08	0.09
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	6.5		0	FLA	4		1.8	3.6	4.0
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	4.235		0	FLA	4		1.201	2.372	2.583
4:0.....g	0.001		0	FLA	4		0.000	0.001	0.001
6:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
12:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.078		0	FLA	4		0.022	0.044	0.048
15:0.....g									
16:0.....g	2.176		0	FLA	4		0.617	1.219	1.327
17:0.....g									
18:0.....g	1.973		0	FLA	4		0.559	1.105	1.204
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.965		0	FLA	4		2.542	5.020	5.469
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.011		0	FLA	4		0.003	0.006	0.007
17:1.....g									
18:1 undifferentiated.....g	8.946		0	FLA	4		2.536	5.010	5.457
20:1.....g	0.006		0	FLA	4		0.002	0.003	0.004
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.259		0	FLA	4		0.640	1.265	1.378
18:2 undifferentiated.....g	2.090		0	FLA	4		0.593	1.170	1.275
18:3 undifferentiated.....g	0.159		0	FLA	4		0.045	0.089	0.097
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.004		0	FLA	4		0.001	0.002	0.002
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.001		0	FLA	4		0.000	0.001	0.001
Fatty acids, total trans.....g									
Cholesterol.....mg	17	8.577	4		1		5	10	10
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.064		0		1		0.018	0.036	0.039
Threonine.....g	0.189		0		1		0.054	0.106	0.115
Isoleucine.....g	0.224		0		1		0.064	0.125	0.137
Leucine.....g	0.361		0		1		0.102	0.202	0.220
Lysine.....g	0.260		0		1		0.074	0.146	0.159
Methionine.....g	0.112		0		1		0.032	0.063	0.068
Cystine.....g	0.105		0		1		0.030	0.059	0.064
Phenylalanine.....g	0.241		0		1		0.068	0.135	0.147
Tyrosine.....g	0.166		0		1		0.047	0.093	0.101
Valine.....g	0.264		0		1		0.075	0.148	0.161
Arginine.....g	0.256		0		1		0.073	0.143	0.156
Histidine.....g	0.102		0		1		0.029	0.057	0.062
Alanine.....g	0.219		0		1		0.062	0.123	0.134
Aspartic acid.....g	0.392		0		1		0.111	0.220	0.239
Glutamic acid.....g	0.952		0		1		0.270	0.533	0.581
Glycine.....g	0.171		0		1		0.048	0.096	0.104
Proline.....g	0.298		0		1		0.084	0.167	0.182
Serine.....g	0.285		0		1		0.081	0.160	0.174
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	2		0	FLA	4		1	1	1
Theobromine.....mg	78		0	FLA	4		22	44	48

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18151

Cookies, brownies, commercially prepared

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 56g: 1 square, large (2-3/4" sq x 7/8")

Measure 3 = 61g: 1 package, Little Debbie (twin wrapped)

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 3.8

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18152

Cookies, brownies, dry mix, regular

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.80	0.044	40		1		0.79	17.08	
Energy.....kcal	434		0		4		123	2647	
Energy.....kJ	1816				4		515	11077	
Protein (N x 5.6).....g	4.00	0.047	37		1		1.13	24.40	
Total lipid (fat).....g	14.90	0.597	39		1		4.22	90.89	
Ash.....g	1.30	0.023	29		1		0.37	7.93	
Carbohydrate, by difference.....g	76.60		0	NC	4		21.72	467.26	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	19	0.571	36		1		5	116	
Iron, Fe.....mg	1.99	0.075	32		1		0.56	12.14	
Magnesium, Mg.....mg	40	1.046	25		1		11	244	
Phosphorus, P.....mg	82	2.679	37		1		23	500	
Potassium, K.....mg	219	14.627	29		1		62	1336	
Sodium, Na.....mg	303	13.419	37		1		86	1848	
Zinc, Zn.....mg	0.64	0.022	25		1		0.18	3.90	
Copper, Cu.....mg	0.276	0.011	22		1		0.078	1.684	
Manganese, Mn.....mg	0.351		0	FLA	4		0.100	2.141	
Selenium, Se.....µg	2.6		0	FLA	4		0.7	15.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		0	FLA	4		0.1	1.8	
Thiamin.....mg	0.165	0.007	29		1		0.047	1.007	
Riboflavin.....mg	0.162	0.009	29		1		0.046	0.988	
Niacin.....mg	1.882	0.081	25		1		0.534	11.480	
Pantothenic acid.....mg	0.131		0	FLA	4		0.037	0.799	
Vitamin B-6.....mg	0.067		0	FLA	4		0.019	0.409	
Folate, total.....µg	35		0	FLA	4		10	214	
Folic acid.....µg	26		0	NC	4		7	159	
Folate, food.....µg	9		0		4		3	55	
Folate, DFE.....mcg_DFE	53		0	NC	4		15	325	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		0	3	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	11		0	FLA	4		3	67	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	2.519		0	FLA	4		0.714	15.366	
4:0.....g	0.000		0	FLA	4		0.000	0.000	

NDB No. 18152

Cookies, brownies, dry mix, regular

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.026		0	FLA	4		0.007	0.159	
15:0.....g									
16:0.....g	1.543		0	FLA	4		0.437	9.412	
17:0.....g									
18:0.....g	0.935		0	FLA	4		0.265	5.704	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.158		0	FLA	4		1.462	31.464	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.046		0	FLA	4		0.013	0.281	
17:1.....g									
18:1 undifferentiated.....g	5.045		0	FLA	4		1.430	30.775	
20:1.....g	0.042		0	FLA	4		0.012	0.256	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.373		0	FLA	4		1.807	38.875	
18:2 undifferentiated.....g	5.549		0	FLA	4		1.573	33.849	
18:3 undifferentiated.....g	0.771		0	FLA	4		0.219	4.703	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0	FLA	4		0.001	0.012	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.058		0		1		0.016	0.354	
Threonine.....g	0.134		0		1		0.038	0.817	
Isoleucine.....g	0.154		0		1		0.044	0.939	
Leucine.....g	0.261		0		1		0.074	1.592	
Lysine.....g	0.165		0		1		0.047	1.007	
Methionine.....g	0.057		0		1		0.016	0.348	
Cystine.....g	0.071		0		1		0.020	0.433	
Phenylalanine.....g	0.191		0		1		0.054	1.165	
Tyrosine.....g	0.132		0		1		0.037	0.805	
Valine.....g	0.209		0		1		0.059	1.275	
Arginine.....g	0.228		0		1		0.065	1.391	
Histidine.....g	0.078		0		1		0.022	0.476	
Alanine.....g	0.155		0		1		0.044	0.946	
Aspartic acid.....g	0.297		0		1		0.084	1.812	
Glutamic acid.....g	0.952		0		1		0.270	5.807	
Glycine.....g	0.163		0		1		0.046	0.994	
Proline.....g	0.296		0		1		0.084	1.806	
Serine.....g	0.195		0		1		0.055	1.190	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18152

Cookies, brownies, dry mix, regular

Measure 2 = 610g: 1 package (21.5 oz)

Calories Factors: Protein 3

Fat 8.7

Carbohydrate 3.8

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18196

Cookies, brownies, dry mix, special dietary

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.50		1		1		0.99	8.44	
Energy.....kcal	426		0		4		121	1027	
Energy.....kJ	1782		0		4		505	4296	
Protein (N x 5.7).....g	2.90		1		1		0.82	6.99	
Total lipid (fat).....g	12.50		1		1		3.54	30.13	
Ash.....g	0.70		1		1		0.20	1.69	
Carbohydrate, by difference.....g	80.40		0	NC	4		22.79	193.76	
Fiber, total dietary.....g	4.2		0		4		1.2	10.1	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	12		1		1		3	29	
Iron, Fe.....mg	1.52		1		1		0.43	3.66	
Magnesium, Mg.....mg	4		1		1		1	10	
Phosphorus, P.....mg	57		1		1		16	137	
Potassium, K.....mg	335		1		1		95	807	
Sodium, Na.....mg	83		1		1		24	200	
Zinc, Zn.....mg	0.14		1		1		0.04	0.34	
Copper, Cu.....mg	0.026		1		1		0.007	0.063	
Manganese, Mn.....mg	0.201		0	FLA	4		0.057	0.484	
Selenium, Se.....µg	2.0		0	FLA	4		0.6	4.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0	0.0	
Thiamin.....mg	0.139		1		1		0.039	0.335	
Riboflavin.....mg	0.109		1		1		0.031	0.263	
Niacin.....mg	1.240		1		1		0.352	2.988	
Pantothenic acid.....mg	0.091		1		1		0.026	0.219	
Vitamin B-6.....mg	0.008		1		1		0.002	0.019	
Folate, total.....µg	48		0	FLA	4		14	116	
Folic acid.....µg	45		0	NC	4		13	108	
Folate, food.....µg	3		1		1		1	7	
Folate, DFE.....mcg_DFE	80		0	NC	4		23	192	
Choline, total.....mg	3.3		0	FLC	4		0.9	7.9	
Betaine.....mg									
Vitamin B-12.....µg	0.00		1		1		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		1		1		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	2.018		0	FLA	4		0.572	4.863	
4:0.....g	0.000		0	FLA	4		0.000	0.000	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.013		0	FLA	4		0.004	0.031	
15:0.....g									
16:0.....g	1.293		0	FLA	4		0.367	3.116	
17:0.....g									
18:0.....g	0.707		0	FLA	4		0.200	1.704	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.233		0	FLA	4		1.484	12.612	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.048		0	FLA	4		0.014	0.116	
17:1.....g									
18:1 undifferentiated.....g	5.173		0	FLA	4		1.467	12.467	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.577		0	FLA	4		1.298	11.031	
18:2 undifferentiated.....g	4.251		0	FLA	4		1.205	10.245	
18:3 undifferentiated.....g	0.315		0	FLA	4		0.089	0.759	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.041		0		1		0.012	0.099	
Threonine.....g	0.087		0		1		0.025	0.210	
Isoleucine.....g	0.109		0		1		0.031	0.263	
Leucine.....g	0.189		0		1		0.054	0.455	
Lysine.....g	0.109		0		1		0.031	0.263	
Methionine.....g	0.044		0		1		0.012	0.106	
Cystine.....g	0.056		0		1		0.016	0.135	
Phenylalanine.....g	0.136		0		1		0.039	0.328	
Tyrosine.....g	0.087		0		1		0.025	0.210	
Valine.....g	0.136		0		1		0.039	0.328	
Arginine.....g	0.121		0		1		0.034	0.292	
Histidine.....g	0.056		0		1		0.016	0.135	
Alanine.....g	0.096		0		1		0.027	0.231	
Aspartic acid.....g	0.156		0		1		0.044	0.376	
Glutamic acid.....g	0.830		0		1		0.235	2.000	
Glycine.....g	0.104		0		1		0.029	0.251	
Proline.....g	0.275		0		1		0.078	0.663	
Serine.....g	0.144		0		1		0.041	0.347	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18196

Cookies, brownies, dry mix, special dietary

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 241g: 1 package (8.5 oz)

Calories Factors: Protein 3.6

Fat 8.8

Carbohydrate 3.8

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18197

Cookies, brownies, dry mix, special dietary, prepared

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	13.00		0		4		3.69	2.86	
Energy.....kcal	384		0		4		109	84	
Energy.....kJ	1607		0		4		455	353	
Protein (N x 0).....g	3.80		0		4		1.08	0.84	
Total lipid (fat).....g	11.10		0		4		3.15	2.44	
Ash.....g	0.70		0		4		0.20	0.15	
Carbohydrate, by difference.....g	71.30		0		4		20.21	15.69	
Fiber, total dietary.....g	3.7		0		4		1.0	0.8	
Sugars, total.....g	0.09		0	RPI	6		0.02	0.02	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	12		0		4		3	3	
Iron, Fe.....mg	1.35		0		4		0.38	0.30	
Magnesium, Mg.....mg	6		0		4		2	1	
Phosphorus, P.....mg	52		0		4		15	11	
Potassium, K.....mg	314		0		4		89	69	
Sodium, Na.....mg	94		0		4		27	21	
Zinc, Zn.....mg	0.13		0		4		0.04	0.03	
Copper, Cu.....mg	0.026		0		4		0.007	0.006	
Manganese, Mn.....mg	0.406		0		4		0.115	0.089	
Selenium, Se.....µg	2.7		0	RK	4		0.8	0.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.099		0		4		0.028	0.022	
Riboflavin.....mg	0.140		0		4		0.040	0.031	
Niacin.....mg	0.999		0		4		0.283	0.220	
Pantothenic acid.....mg	0.066		0		4		0.019	0.015	
Vitamin B-6.....mg	0.007		0		4		0.002	0.002	
Folate, total.....µg	43		0	RPI	6		12	9	
Folic acid.....µg	41		0		4		12	9	
Folate, food.....µg	2		0		4		1	0	
Folate, DFE.....mcg_DFE	72		0	NC	4		20	16	
Choline, total.....mg	3.0		0	RPI	6		0.9	0.7	
Betaine.....mg									
Vitamin B-12.....µg	0.02		0		4		0.01	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	RPI	6		0	0	
Carotene, beta.....µg	0		0	RPI	6		0	0	
Carotene, alpha.....µg	0		0	RPI	6		0	0	
Cryptoxanthin, beta.....µg	0		0	RPI	6		0	0	
Vitamin A, IU.....IU	0		0	NC	4		0	0	
Lycopene.....µg	0		0	RPI	6		0	0	
Lutein + zeaxanthin.....µg	0		0	RPI	6		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	RPI	6		0.00	0.00	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.0		0	RPI	6		0.0	0.0	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	5.096		0		4		1.445	1.121	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.095		0		4		0.027	0.021	
13:0.....g									
14:0.....g	0.096		0		4		0.027	0.021	
15:0.....g									
16:0.....g	3.100		0		4		0.879	0.682	
17:0.....g									
18:0.....g	1.803		0		4		0.511	0.397	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.573		0		4		1.296	1.006	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		4		0.001	0.001	
17:1.....g									
18:1 undifferentiated.....g	4.570		0		4		1.296	1.005	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.806		0		4		0.229	0.177	
18:2 undifferentiated.....g	0.759		0		4		0.215	0.167	
18:3 undifferentiated.....g	0.046		0		4		0.013	0.010	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.053		0		4		0.015	0.012	
Threonine.....g	0.136		0		4		0.039	0.030	
Isoleucine.....g	0.169		0		4		0.048	0.037	
Leucine.....g	0.277		0		4		0.079	0.061	
Lysine.....g	0.185		0		4		0.052	0.041	
Methionine.....g	0.083		0		4		0.024	0.018	
Cystine.....g	0.083		0		4		0.024	0.018	
Phenylalanine.....g	0.195		0		4		0.055	0.043	
Tyrosine.....g	0.127		0		4		0.036	0.028	
Valine.....g	0.202		0		4		0.057	0.044	
Arginine.....g	0.177		0		4		0.050	0.039	
Histidine.....g	0.079		0		4		0.022	0.017	
Alanine.....g	0.160		0		4		0.045	0.035	
Aspartic acid.....g	0.270		0		4		0.077	0.059	
Glutamic acid.....g	0.906		0		4		0.257	0.199	
Glycine.....g	0.137		0		4		0.039	0.030	
Proline.....g	0.293		0		4		0.083	0.064	
Serine.....g	0.217		0		4		0.062	0.048	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	2		0	BFZN	4		1	0	
Theobromine.....mg	51		0	BFZN	4		14	11	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18197

Cookies, brownies, dry mix, special dietary, prepared

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 22g: 1 brownie (2" square)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18154

Cookies, brownies, prepared from recipe

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	12.60		0		1		3.57	3.02	
Energy.....kcal	466		0	NC	4		132	112	
Energy.....kJ	1950				4		553	468	
Protein (N x 0).....g	6.20		0		1		1.76	1.49	
Total lipid (fat).....g	29.10		0		1		8.25	6.98	
Ash.....g	1.60		0		1		0.45	0.38	
Carbohydrate, by difference.....g	50.20		0	NC	4		14.23	12.05	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	57		0		1		16	14	
Iron, Fe.....mg	1.84		0		1		0.52	0.44	
Magnesium, Mg.....mg	53		0		1		15	13	
Phosphorus, P.....mg	132		0		1		37	32	
Potassium, K.....mg	176		0		1		50	42	
Sodium, Na.....mg	343		0		1		97	82	
Zinc, Zn.....mg	0.97		0		1		0.27	0.23	
Copper, Cu.....mg	0.388		0		1		0.110	0.093	
Manganese, Mn.....mg	0.587		0		1		0.166	0.141	
Selenium, Se.....µg	11.5		0	RK	4		3.3	2.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		0		1		0.1	0.1	
Thiamin.....mg	0.141		0		1		0.040	0.034	
Riboflavin.....mg	0.190		0		1		0.054	0.046	
Niacin.....mg	0.982		0		1		0.278	0.236	
Pantothenic acid.....mg	0.328		0		1		0.093	0.079	
Vitamin B-6.....mg	0.094		0		1		0.027	0.023	
Folate, total.....µg	29		0	RK	4		8	7	
Folic acid.....µg	14		0	NC	4		4	3	
Folate, food.....µg	15		0		1		4	4	
Folate, DFE.....mcg_DFE	39		0	NC	4		11	9	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.16		0		1		0.05	0.04	
Vitamin A, RAE.....mcg_RAE	176		0	NC	4		50	42	
Retinol.....µg	161		0	RP	4		46	39	
Carotene, beta.....µg	174		0	RP	4		49	42	
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	827		0	NC	4		234	198	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	7.319		0		1		2.075	1.757	
4:0.....g	0.000		0		1		0.000	0.000	

Cookies, brownies, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.001		0		1		0.000	0.000	
10:0.....g	0.001		0		1		0.000	0.000	
12:0.....g	0.001		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.074		0		1		0.021	0.018	
15:0.....g									
16:0.....g	4.158		0		1		1.179	0.998	
17:0.....g									
18:0.....g	3.037		0		1		0.861	0.729	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	10.839		0		1		3.073	2.601	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.068		0		1		0.019	0.016	
17:1.....g									
18:1 undifferentiated.....g	10.710		0		1		3.036	2.570	
20:1.....g	0.059		0		1		0.017	0.014	
22:1 undifferentiated.....g	0.001		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	9.412		0		1		2.668	2.259	
18:2 undifferentiated.....g	8.446		0		1		2.394	2.027	
18:3 undifferentiated.....g	0.932		0		1		0.264	0.224	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.027		0		1		0.008	0.006	
20:5 n-3 (EPA).....g	0.001		0		1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.006		0		1		0.002	0.001	
Fatty acids, total trans.....g									
Cholesterol.....mg	73		0		1		21	18	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.078		0		1		0.022	0.019	
Threonine.....g	0.228		0		1		0.065	0.055	
Isoleucine.....g	0.265		0		1		0.075	0.064	
Leucine.....g	0.447		0		1		0.127	0.107	
Lysine.....g	0.283		0		1		0.080	0.068	
Methionine.....g	0.132		0		1		0.037	0.032	
Cystine.....g	0.125		0		1		0.035	0.030	
Phenylalanine.....g	0.298		0		1		0.084	0.072	
Tyrosine.....g	0.215		0		1		0.061	0.052	
Valine.....g	0.323		0		1		0.092	0.078	
Arginine.....g	0.433		0		1		0.123	0.104	
Histidine.....g	0.136		0		1		0.039	0.033	
Alanine.....g	0.271		0		1		0.077	0.065	
Aspartic acid.....g	0.516		0		1		0.146	0.124	
Glutamic acid.....g	1.203		0		1		0.341	0.289	
Glycine.....g	0.238		0		1		0.067	0.057	
Proline.....g	0.362		0		1		0.103	0.087	
Serine.....g	0.352		0		1		0.100	0.084	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18154

Cookies, brownies, prepared from recipe

Measure 2 = 24g: 1 brownie (2" square)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18155

Cookies, butter, commercially prepared, enriched

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	4.60	0.496	9		1		1.30	0.23	
Energy.....kcal	467		0	NC	4		132	23	
Energy.....kJ	1954		0		4		554	98	
Protein (N x 5.9).....g	6.10	0.411	10		1		1.73	0.31	
Total lipid (fat).....g	18.80	0.958	14		1		5.33	0.94	
Ash.....g	1.50	0.103	12		1		0.43	0.08	
Carbohydrate, by difference.....g	68.90		0	NC	4		19.53	3.45	
Fiber, total dietary.....g	0.8		0		4		0.2	0.0	
Sugars, total.....g	20.24		0	FLA	4		5.74	1.01	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	29	6.020	5		1		8	1	
Iron, Fe.....mg	2.22	0.207	3		1		0.63	0.11	
Magnesium, Mg.....mg	12	3.067	3		1		3	1	
Phosphorus, P.....mg	102	28.864	4		1		29	5	
Potassium, K.....mg	111	20.071	3		1		31	6	
Sodium, Na.....mg	239		0	LC	8		68	12	
Zinc, Zn.....mg	0.38	0.060	3		1		0.11	0.02	
Copper, Cu.....mg	0.200		1		1		0.057	0.010	
Manganese, Mn.....mg	0.170		2		1		0.048	0.009	
Selenium, Se.....µg	8.4		0	FLA	4		2.4	0.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.370		2		1		0.105	0.019	
Riboflavin.....mg	0.335		2		1		0.095	0.017	
Niacin.....mg	3.190		2		1		0.904	0.160	
Pantothenic acid.....mg	0.488	0.017	8		1		0.138	0.024	
Vitamin B-6.....mg	0.036	0.000	8		1		0.010	0.002	
Folate, total.....µg	76		0	FLA	4		22	4	
Folic acid.....µg	70		0		4		20	4	
Folate, food.....µg	6	0.138	8		1		2	0	
Folate, DFE.....mcg_DFE	125		0	NC	4		35	6	
Choline, total.....mg	6.5		0	FLC	4		1.8	0.3	
Betaine.....mg									
Vitamin B-12.....µg	0.36		0	FLA	4		0.10	0.02	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	165		0	NC	4		47	8	
Retinol.....µg	162		0	FLA	4		46	8	
Carotene, beta.....µg	35		0	FLA	4		10	2	
Carotene, alpha.....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....µg	1		0	FLA	4		0	0	
Vitamin A, IU.....IU	600		0	NC	4		170	30	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	22		0	FLA	4		6	1	
Vitamin E (alpha-tocopherol).....mg	0.58		0	FLA	4		0.16	0.03	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.4		0	FLA	4		0.1	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	16		0	FLA	4		5	1	
Vitamin K (phylloquinone).....µg	1.7		0	FLA	4		0.5	0.1	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	11.051		0	FLA	4		3.133	0.553	
4:0.....g	0.546		0	FLA	4		0.155	0.027	
6:0.....g	0.323		0	FLA	4		0.092	0.016	
8:0.....g	0.188		0	FLA	4		0.053	0.009	
10:0.....g	0.422		0	FLA	4		0.120	0.021	
12:0.....g	0.473		0	FLA	4		0.134	0.024	
13:0.....g									
14:0.....g	1.700		0	FLA	4		0.482	0.085	
15:0.....g									
16:0.....g	4.849		0	FLA	4		1.375	0.242	
17:0.....g									
18:0.....g	2.179		0	FLA	4		0.618	0.109	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.522		0	FLA	4		1.565	0.276	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.420		0	FLA	4		0.119	0.021	
17:1.....g									
18:1 undifferentiated.....g	4.845		0	FLA	4		1.374	0.242	
20:1.....g	0.005		0	FLA	4		0.001	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.982		0	FLA	4		0.278	0.049	
18:2 undifferentiated.....g	0.681		0	FLA	4		0.193	0.034	
18:3 undifferentiated.....g	0.256		0	FLA	4		0.073	0.013	
18:4.....g	0.002		0	FLA	4		0.001	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.023		0	FLA	4		0.007	0.001	
20:5 n-3 (EPA).....g	0.011		0	FLA	4		0.003	0.001	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.007		0	FLA	4		0.002	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	117		0	FLA	4		33	6	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.084		0		1		0.024	0.004	
Threonine.....g	0.215		0		1		0.061	0.011	
Isoleucine.....g	0.277		0		1		0.079	0.014	
Leucine.....g	0.471		0		1		0.134	0.024	
Lysine.....g	0.308		0		1		0.087	0.015	
Methionine.....g	0.131		0		1		0.037	0.007	
Cystine.....g	0.122		0		1		0.035	0.006	
Phenylalanine.....g	0.299		0		1		0.085	0.015	
Tyrosine.....g	0.211		0		1		0.060	0.011	
Valine.....g	0.315		0		1		0.089	0.016	
Arginine.....g	0.261		0		1		0.074	0.013	
Histidine.....g	0.136		0		1		0.039	0.007	
Alanine.....g	0.224		0		1		0.064	0.011	
Aspartic acid.....g	0.371		0		1		0.105	0.019	
Glutamic acid.....g	1.618		0		1		0.459	0.081	
Glycine.....g	0.194		0		1		0.055	0.010	
Proline.....g	0.566		0		1		0.160	0.028	
Serine.....g	0.354		0		1		0.100	0.018	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18155

Cookies, butter, commercially prepared, enriched

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Measure 1	Measure 2	Measure 3
			of Data	Code	Code			
		Points	Code	Code				

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 5.0g: 1 cookie

Calories Factors: Protein 4.2

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18421

Cookies, butter, commercially prepared, unenriched

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	4.60	0.496	9		1		1.30	0.23	
Energy.....kcal	467		0	NC	4		132	23	
Energy.....kJ	1954				4		554	98	
Protein (N x 5.9).....g	6.10	0.411	10		1		1.73	0.31	
Total lipid (fat).....g	18.80	0.958	14		1		5.33	0.94	
Ash.....g	1.50	0.103	12		1		0.43	0.08	
Carbohydrate, by difference.....g	68.90		0		4		19.53	3.45	
Fiber, total dietary.....g	0.8		0	BFZN	4		0.2	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	29	6.020	5		1		8	1	
Iron, Fe.....mg	0.29		0		4		0.08	0.01	
Magnesium, Mg.....mg	12	3.067	3		1		3	1	
Phosphorus, P.....mg	102	28.864	4		1		29	5	
Potassium, K.....mg	111	20.071	3		1		31	6	
Sodium, Na.....mg	351	58.423	4		1		100	18	
Zinc, Zn.....mg	0.38	0.060	3		1		0.11	0.02	
Copper, Cu.....mg	0.200		1		1		0.057	0.010	
Manganese, Mn.....mg	0.170		2		1		0.048	0.009	
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.066		0		4		0.019	0.003	
Riboflavin.....mg	0.071		0		4		0.020	0.004	
Niacin.....mg	0.320		0		4		0.091	0.016	
Pantothenic acid.....mg	0.488	0.017	8		1		0.138	0.024	
Vitamin B-6.....mg	0.036	0.000	8		1		0.010	0.002	
Folate, total.....µg	6	0.138	8		1		2	0	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	6	0.138	8		1		2	0	
Folate, DFE.....mcg_DFE	6		0	NC	4		2	0	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.36		0	BFZN	4		0.10	0.02	
Vitamin A, RAE.....mcg_RAE	160		0	NC	4		45	8	
Retinol.....µg	151		0	NC	4		43	8	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	673		0	BFZN	4		191	34	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	11.051		0	BFZN	4		3.133	0.553	
4:0.....g	0.546		0	BFZN	4		0.155	0.027	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.323		0	BFZN	4		0.092	0.016	
8:0.....g	0.188		0	BFZN	4		0.053	0.009	
10:0.....g	0.422		0	BFZN	4		0.120	0.021	
12:0.....g	0.473		0	BFZN	4		0.134	0.024	
13:0.....g									
14:0.....g	1.700		0	BFZN	4		0.482	0.085	
15:0.....g									
16:0.....g	4.849		0	BFZN	4		1.375	0.242	
17:0.....g									
18:0.....g	2.179		0	BFZN	4		0.618	0.109	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.522		0	BFZN	4		1.565	0.276	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.420		0	BFZN	4		0.119	0.021	
17:1.....g									
18:1 undifferentiated.....g	4.845		0	BFZN	4		1.374	0.242	
20:1.....g	0.005		0	BFZN	4		0.001	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.982		0	BFZN	4		0.278	0.049	
18:2 undifferentiated.....g	0.681		0	BFZN	4		0.193	0.034	
18:3 undifferentiated.....g	0.256		0	BFZN	4		0.073	0.013	
18:4.....g	0.002		0	BFZN	4		0.001	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.023		0	BFZN	4		0.007	0.001	
20:5 n-3 (EPA).....g	0.011		0	BFZN	4		0.003	0.001	
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g	0.007		0	BFZN	4		0.002	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	117		0	BFZN	4		33	6	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.084		0		4		0.024	0.004	
Threonine.....g	0.215		0		4		0.061	0.011	
Isoleucine.....g	0.277		0		4		0.079	0.014	
Leucine.....g	0.471		0		4		0.134	0.024	
Lysine.....g	0.308		0		4		0.087	0.015	
Methionine.....g	0.131		0		4		0.037	0.007	
Cystine.....g	0.122		0		4		0.035	0.006	
Phenylalanine.....g	0.299		0		4		0.085	0.015	
Tyrosine.....g	0.211		0		4		0.060	0.011	
Valine.....g	0.315		0		4		0.089	0.016	
Arginine.....g	0.261		0		4		0.074	0.013	
Histidine.....g	0.136		0		4		0.039	0.007	
Alanine.....g	0.224		0		4		0.064	0.011	
Aspartic acid.....g	0.371		0		4		0.105	0.019	
Glutamic acid.....g	1.618		0		4		0.459	0.081	
Glycine.....g	0.194		0		4		0.055	0.010	
Proline.....g	0.566		0		4		0.160	0.028	
Serine.....g	0.354		0		4		0.100	0.018	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18421

Cookies, butter, commercially prepared, unenriched

Measure 2 = 5.0g: 1 cookie

Calories Factors: Protein 4.2

Fat 8.8

Carbohydrate4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code				
Vitamin D3 (cholecalciferol).....µg								
Vitamin D.....IU	0		0	Z	7	0	0	0
Vitamin K (phylloquinone).....µg	5.2		2	A	1	0.6	0.1	0.5
Dihydrophyloquinone.....µg	0.0		2	A	1	0.0	0.0	0.0
Menaquinone-4.....µg	0.0		2	A	1	0.0	0.0	0.0
Lipids:								
Fatty acids, total saturated.....g	9.949		0	NC	4	1.214	0.219	0.995
4:0.....g	0.000	0.000	6	A	1	0.000	0.000	0.000
6:0.....g	0.000	0.000	6	A	1	0.000	0.000	0.000
8:0.....g	0.000	0.000	6	A	1	0.000	0.000	0.000
10:0.....g	0.008	0.003	6	A	1	0.001	0.000	0.001
12:0.....g	0.043	0.008	6	A	1	0.005	0.001	0.004
13:0.....g								
14:0.....g	0.148	0.005	6	A	1	0.018	0.003	0.015
15:0.....g	0.008	0.000	6	A	1	0.001	0.000	0.001
16:0.....g	7.214	0.046	6	A	1	0.880	0.159	0.721
17:0.....g	0.022	0.001	6	A	1	0.003	0.000	0.002
18:0.....g	2.372	0.066	6	A	1	0.289	0.052	0.237
20:0.....g	0.099	0.003	6	A	1	0.012	0.002	0.010
22:0.....g	0.021	0.001	6	A	1	0.003	0.000	0.002
24:0.....g	0.014	0.001	6	A	1	0.002	0.000	0.001
Fatty acids, total monounsaturated.....g	7.279		0	NC	4	0.888	0.160	0.728
14:1.....g	0.000	0.000	6	A	1	0.000	0.000	0.000
15:1.....g	0.000	0.000	6	A	1	0.000	0.000	0.000
16:1 undifferentiated.....g	0.034	0.002	6	AS	1	0.004	0.001	0.003
16:1 c.....g	0.034	0.002	6	A	1	0.004	0.001	0.003
16:1 t.....g	0.000	0.000	6	A	1	0.000	0.000	0.000
17:1.....g	0.004	0.000	6	A	1	0.001	0.000	0.000
18:1 undifferentiated.....g	7.218	0.059	6	AS	1	0.881	0.159	0.722
18:1 c.....g	7.173	0.069	6	A	1	0.875	0.158	0.717
18:1-11c (18:1c n-7).....g								
18:1 t.....g	0.045	0.010	6	A	1	0.005	0.001	0.004
18:1-11t (18:1t n-7).....g								
20:1.....g	0.018	0.002	6	A	1	0.002	0.000	0.002
22:1 undifferentiated.....g	0.000	0.000	6	AS	1	0.000	0.000	0.000
22:1 c.....g	0.000	0.000	6	A	1	0.000	0.000	0.000
22:1 t.....g	0.000	0.000	6	A	1	0.000	0.000	0.000
24:1 c.....g	0.004	0.001	6	A	1	0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	2.681		0	NC	4	0.327	0.059	0.268
18:2 undifferentiated.....g	2.505	0.203	6	AS	1	0.306	0.055	0.251
18:2 n-6 c,c.....g	2.458	0.204	6	A	1	0.300	0.054	0.246
18:2 CLAs.....g	0.002	0.001	6	A	1	0.000	0.000	0.000
18:2 c,t.....g								
18:2 t,c.....g								
18:2 t,t.....g								
18:2 i.....g								
18:2 t not further defined.....g	0.045	0.002	6	A	1	0.006	0.001	0.005
18:3 undifferentiated.....g	0.169	0.030	6	AS	1	0.021	0.004	0.017
18:3 n-3 c,c,c (ALA).....g	0.160	0.029	6	A	1	0.019	0.004	0.016
18:3 n-6 c,c,c.....g	0.009	0.001	6	A	1	0.001	0.000	0.001
18:3i.....g								
18:4.....g	0.001	0.001	6	A	1	0.000	0.000	0.000
20:2 n-6 c,c.....g	0.001	0.001	6	A	1	0.000	0.000	0.000
20:3 undifferentiated.....g	0.000	0.000	6	AS	1	0.000	0.000	0.000
20:3 n-3.....g	0.000	0.000	6	A	1	0.000	0.000	0.000
20:3 n-6.....g	0.000	0.000	6	A	1	0.000	0.000	0.000
20:4 undifferentiated.....g	0.002	0.001	6	A	1	0.000	0.000	0.000
20:4 n-3.....g								
20:4 n-6.....g								
20:5 n-3 (EPA).....g	0.000	0.000	6	A	1	0.000	0.000	0.000
21:5.....g								
22:4.....g	0.000	0.000	6	A	1	0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.002	0.000	6	A	1	0.000	0.000	0.000

NDB No. 18159

Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA).....g	0.001	0.000	6	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.090		0	NC	4		0.011	0.002	0.009
Fatty acids, total trans-monoenoic.....g	0.045		0	NC	4		0.005	0.001	0.004
Fatty acids, total trans-polyenoic.....g	0.045		0	NC	4		0.006	0.001	0.005
Cholesterol.....mg	0		0	FLA	4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.079		0	A	1		0.010	0.002	0.008
Threonine.....g	0.135		0	A	1		0.016	0.003	0.013
Isoleucine.....g	0.146		0	A	1		0.018	0.003	0.015
Leucine.....g	0.292		0	A	1		0.036	0.006	0.029
Lysine.....g	0.067		0	A	1		0.008	0.001	0.007
Methionine.....g	0.022		0	A	1		0.003	0.000	0.002
Cystine.....g	0.101		0	A	1		0.012	0.002	0.010
Phenylalanine.....g	0.213		0	A	1		0.026	0.005	0.021
Tyrosine.....g	0.079		0	A	1		0.010	0.002	0.008
Valine.....g	0.202		0	A	1		0.025	0.004	0.020
Arginine.....g	0.157		0	A	1		0.019	0.003	0.016
Histidine.....g	0.079		0	A	1		0.010	0.002	0.008
Alanine.....g	0.157		0	A	1		0.019	0.003	0.016
Aspartic acid.....g	0.247		0	A	1		0.030	0.005	0.025
Glutamic acid.....g	1.325		0	A	1		0.162	0.029	0.133
Glycine.....g	0.168		0	A	1		0.021	0.004	0.017
Proline.....g	0.393		0	A	1		0.048	0.009	0.039
Serine.....g	0.213		0	A	1		0.026	0.005	0.021
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	11		0	FLA	4		1	0	1
Theobromine.....mg	83		0	FLA	4		10	2	8

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 12.2g: 1 cookie (average weight of 1 cookie, variety of brands)

Measure 2 = 2.2g: 1 cookie, bite size

Measure 3 = 10.0g: 1 cookie, medium (2-1/4" dia)

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
6:0.....g								
8:0.....g								
10:0.....g								
12:0.....g	0.010		0	BFZN	4	0.003	0.001	0.000
13:0.....g								
14:0.....g	0.112		0	BFZN	4	0.032	0.011	0.002
15:0.....g								
16:0.....g	0.594		0	BFZN	4	0.168	0.059	0.013
17:0.....g								
18:0.....g	3.697		0	BFZN	4	1.048	0.370	0.081
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	11.671		0	BFZN	4	3.309	1.167	0.257
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.017		0	BFZN	4	0.005	0.002	0.000
17:1.....g								
18:1 undifferentiated.....g	11.656		0	BFZN	4	3.304	1.166	0.256
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	2.367		0	BFZN	4	0.671	0.237	0.052
18:2 undifferentiated.....g	2.246		0	BFZN	4	0.637	0.225	0.049
18:3 undifferentiated.....g	0.122		0	BFZN	4	0.035	0.012	0.003
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3 (EPA).....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0		4	0	0	0
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.073		0		4	0.021	0.007	0.002
Threonine.....g	0.168		0		4	0.048	0.017	0.004
Isoleucine.....g	0.222		0		4	0.063	0.022	0.005
Leucine.....g	0.396		0		4	0.112	0.040	0.009
Lysine.....g	0.219		0		4	0.062	0.022	0.005
Methionine.....g	0.095		0		4	0.027	0.010	0.002
Cystine.....g	0.095		0		4	0.027	0.010	0.002
Phenylalanine.....g	0.261		0		4	0.074	0.026	0.006
Tyrosine.....g	0.173		0		4	0.049	0.017	0.004
Valine.....g	0.261		0		4	0.074	0.026	0.006
Arginine.....g	0.191		0		4	0.054	0.019	0.004
Histidine.....g	0.102		0		4	0.029	0.010	0.002
Alanine.....g	0.168		0		4	0.048	0.017	0.004
Aspartic acid.....g	0.277		0		4	0.079	0.028	0.006
Glutamic acid.....g	1.602		0		4	0.454	0.160	0.035
Glycine.....g	0.168		0		4	0.048	0.017	0.004
Proline.....g	0.557		0		4	0.158	0.056	0.012
Serine.....g	0.272		0		4	0.077	0.027	0.006
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g								
Caffeine.....mg	11		0	BFZN	4	3	1	0
Theobromine.....mg	83		0	BFZN	4	24	8	2

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18422

Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 10.0g: 1 cookie, medium (2-1/4" dia)

Measure 3 = 2.2g: 1 cookie, bite size (include Mini Chips Ahoy!)

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18158

Cookies, chocolate chip, commercially prepared, regular, lower fat

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	4.10	0.409	11		1		1.16	0.41	
Energy.....kcal	453		0		4		128	45	
Energy.....kJ	1895				4		537	190	
Protein (N x 5.8).....g	5.80	0.118	12		1		1.64	0.58	
Total lipid (fat).....g	15.40	0.385	12		1		4.37	1.54	
Ash.....g	1.30	0.077	11		1		0.37	0.13	
Carbohydrate, by difference.....g	73.30		0	NC	4		20.78	7.33	
Fiber, total dietary.....g	3.6		0		1		1.0	0.4	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	19	3.216	11		1		5	2	
Iron, Fe.....mg	3.07	0.273	11		1		0.87	0.31	
Magnesium, Mg.....mg	28	1.991	8		1		8	3	
Phosphorus, P.....mg	84	1.598	10		1		24	8	
Potassium, K.....mg	123	11.316	10		1		35	12	
Sodium, Na.....mg	377	16.967	11		1		107	38	
Zinc, Zn.....mg	0.70	0.048	8		1		0.20	0.07	
Copper, Cu.....mg	0.247	0.025	7		1		0.070	0.025	
Manganese, Mn.....mg	0.450	0.036	5		1		0.128	0.045	
Selenium, Se.....µg	6.0	0.687	27	A	1		1.7	0.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.289	0.026	7		1		0.082	0.029	
Riboflavin.....mg	0.266	0.011	10		1		0.075	0.027	
Niacin.....mg	2.767	0.122	10		1		0.784	0.277	
Pantothenic acid.....mg	0.309		0	FLA	4		0.088	0.031	
Vitamin B-6.....mg	0.262		1		1		0.074	0.026	
Folate, total.....µg	70		0	FLA	4		20	7	
Folic acid.....µg	64		0	NC	4		18	6	
Folate, food.....µg	6		0		4		2	1	
Folate, DFE.....mcg_DFE	115		0	NC	4		33	11	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	2		0	FLA	4		1	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	3.810		0	FLA	4		1.080	0.381	
4:0.....g	0.000		0	FLA	4		0.000	0.000	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.007		0	FLA	4		0.002	0.001	
13:0.....g									
14:0.....g	0.029		0	FLA	4		0.008	0.003	
15:0.....g									
16:0.....g	2.074		0	FLA	4		0.588	0.207	
17:0.....g									
18:0.....g	1.655		0	FLA	4		0.469	0.166	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.095		0	FLA	4		1.728	0.610	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.058		0	FLA	4		0.016	0.006	
17:1.....g									
18:1 undifferentiated.....g	6.027		0	FLA	4		1.709	0.603	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.649		0	FLA	4		1.318	0.465	
18:2 undifferentiated.....g	4.320		0	FLA	4		1.225	0.432	
18:3 undifferentiated.....g	0.318		0	FLA	4		0.090	0.032	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.083		0		1		0.024	0.008	
Threonine.....g	0.174		0		1		0.049	0.017	
Isoleucine.....g	0.234		0		1		0.066	0.023	
Leucine.....g	0.418		0		1		0.119	0.042	
Lysine.....g	0.223		0		1		0.063	0.022	
Methionine.....g	0.103		0		1		0.029	0.010	
Cystine.....g	0.114		0		1		0.032	0.011	
Phenylalanine.....g	0.282		0		1		0.080	0.028	
Tyrosine.....g	0.181		0		1		0.051	0.018	
Valine.....g	0.274		0		1		0.078	0.027	
Arginine.....g	0.216		0		1		0.061	0.022	
Histidine.....g	0.115		0		1		0.033	0.012	
Alanine.....g	0.180		0		1		0.051	0.018	
Aspartic acid.....g	0.279		0		1		0.079	0.028	
Glutamic acid.....g	1.829		0		1		0.519	0.183	
Glycine.....g	0.190		0		1		0.054	0.019	
Proline.....g	0.628		0		1		0.178	0.063	
Serine.....g	0.302		0		1		0.086	0.030	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	7		0	FLA	4		2	1	
Theobromine.....mg	55		0	FLA	4		16	6	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18158

Cookies, chocolate chip, commercially prepared, regular, lower fat

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 10.0g: 1 cookie

Calories Factors: Protein 4

Fat 8.8

Carbohydrate4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18160

Cookies, chocolate chip, commercially prepared, soft-type

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	8.35	0.554	6	A	1		1.02		
Energy.....kcal	454		0	NC	4		55		
Energy.....kJ	1898		0	NC	4		232		
Protein (N x 5.8).....g	4.90	0.576	6	A	1		0.60		
Total lipid (fat).....g	20.62	0.321	6	A	1		2.52		
Ash.....g	1.08	0.028	6	A	1		0.13		
Carbohydrate, by difference.....g	65.05		0	NC	4		7.94		
Fiber, total dietary.....g	2.4	0.579	5	A	1		0.3		
Sugars, total.....g	37.85	0.207	5	A	1		4.62		
Sucrose.....g	24.20	1.920	5	A	1		2.95		
Glucose (dextrose).....g	7.46	1.108	5	A	1		0.91		
Fructose.....g	5.70	0.883	5	A	1		0.70		
Lactose.....g	0.00	0.000	5	A	1		0.00		
Maltose.....g	0.41	0.147	5	A	1		0.05		
Galactose.....g	0.07	0.020	5	A	1		0.01		
Starch.....g	24.76	0.157	5	A	1		3.02		
Minerals:									
Calcium, Ca.....mg	20	2.068	5	A	1		2		
Iron, Fe.....mg	2.97	0.169	5	A	1		0.36		
Magnesium, Mg.....mg	32	1.012	5	A	1		4		
Phosphorus, P.....mg	71	4.420	5	A	1		9		
Potassium, K.....mg	142	7.570	5	A	1		17		
Sodium, Na.....mg	272	3.734	5	A	1		33		
Zinc, Zn.....mg	0.63	0.014	5	A	1		0.08		
Copper, Cu.....mg	0.244	0.005	5	A	1		0.030		
Manganese, Mn.....mg	0.420	0.006	5	A	1		0.051		
Selenium, Se.....µg	2.5	0.317	5	A	1		0.3		
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.130	0.020	5	A	1		0.016		
Riboflavin.....mg	0.094	0.027	5	A	1		0.011		
Niacin.....mg	1.780	0.332	5	A	1		0.217		
Pantothenic acid.....mg	0.330		2	A	1		0.040		
Vitamin B-6.....mg	0.000		2	A	1		0.000		
Folate, total.....µg	46		1	A	1		6		
Folic acid.....µg	25		1	A	1		3		
Folate, food.....µg	21		0	AS	1		3		
Folate, DFE.....mcg_DFE	64		0	NC	4		8		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.06		2	A	1		0.01		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	AS	1		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	2.24	0.077	3	A	1		0.27		
Tocopherol, beta.....mg	0.09	0.018	3	A	1		0.01		
Tocopherol, gamma.....mg	2.54	0.469	3	A	1		0.31		
Tocopherol, delta.....mg	0.40	0.182	3	A	1		0.05		
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	5.2		2	A	1		0.6		

NDB No. 18160

Cookies, chocolate chip, commercially prepared, soft-type

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophyloquinone.....µg	0.0		2	A	1		0.0		
Menaquinone-4.....µg	0.0		2	A	1		0.0		
Lipids:									
Fatty acids, total saturated.....g	9.949		0	NC	4		1.214		
4:0.....g	0.000	0.000	6	A	1		0.000		
6:0.....g	0.000	0.000	6	A	1		0.000		
8:0.....g	0.000	0.000	6	A	1		0.000		
10:0.....g	0.008	0.003	6	A	1		0.001		
12:0.....g	0.043	0.008	6	A	1		0.005		
13:0.....g									
14:0.....g	0.148	0.005	6	A	1		0.018		
15:0.....g	0.008	0.000	6	A	1		0.001		
16:0.....g	7.214	0.046	6	A	1		0.880		
17:0.....g	0.022	0.001	6	A	1		0.003		
18:0.....g	2.372	0.066	6	A	1		0.289		
20:0.....g	0.099	0.003	6	A	1		0.012		
22:0.....g	0.021	0.001	6	A	1		0.003		
24:0.....g	0.014	0.001	6	A	1		0.002		
Fatty acids, total monounsaturated.....g	7.279		0	NC	4		0.888		
14:1.....g	0.000	0.000	6	A	1		0.000		
15:1.....g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated.....g	0.034	0.002	6	AS	1		0.004		
16:1 c.....g	0.034	0.002	6	A	1		0.004		
16:1 t.....g	0.000	0.000	6	A	1		0.000		
17:1.....g	0.004	0.000	6	A	1		0.001		
18:1 undifferentiated.....g	7.218	0.059	6	AS	1		0.881		
18:1 c.....g	7.173	0.069	6	A	1		0.875		
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.045	0.010	6	A	1		0.005		
18:1-11t (18:1t n-7).....g									
20:1.....g	0.018	0.002	6	A	1		0.002		
22:1 undifferentiated.....g	0.000	0.000	6	AS	1		0.000		
22:1 c.....g	0.000	0.000	6	A	1		0.000		
22:1 t.....g	0.000	0.000	6	A	1		0.000		
24:1 c.....g	0.004	0.001	6	A	1		0.000		
Fatty acids, total polyunsaturated.....g	2.681		0	NC	4		0.327		
18:2 undifferentiated.....g	2.505	0.203	6	AS	1		0.306		
18:2 n-6 c,c,c.....g	2.458	0.204	6	A	1		0.300		
18:2 CLAs.....g	0.002	0.001	6	A	1		0.000		
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.045	0.002	6	A	1		0.006		
18:3 undifferentiated.....g	0.169	0.030	6	AS	1		0.021		
18:3 n-3 c,c,c (ALA).....g	0.160	0.029	6	A	1		0.019		
18:3 n-6 c,c,c.....g	0.009	0.001	6	A	1		0.001		
18:3i.....g									
18:4.....g	0.001	0.001	6	A	1		0.000		
20:2 n-6 c,c,c.....g	0.001	0.001	6	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	6	AS	1		0.000		
20:3 n-3.....g	0.000	0.000	6	A	1		0.000		
20:3 n-6.....g	0.000	0.000	6	A	1		0.000		
20:4 undifferentiated.....g	0.002	0.001	6	A	1		0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	6	A	1		0.000		
21:5.....g									
22:4.....g	0.000	0.000	6	A	1		0.000		
22:5 n-3 (DPA).....g	0.002	0.000	6	A	1		0.000		
22:6 n-3 (DHA).....g	0.001	0.000	6	A	1		0.000		
Fatty acids, total trans.....g	0.090		0	NC	4		0.011		
Fatty acids, total trans-monoenoic.....g	0.045		0	NC	4		0.005		

NDB No. 18160

Cookies, chocolate chip, commercially prepared, soft-type

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Fatty acids, total trans-polyenoic.....g	0.045		0	NC	4	0.006		
Cholesterol.....mg								
Phytosterols.....mg								
<u>Amino Acids:</u>								
Tryptophan.....g	0.051		0		1	0.006		
Threonine.....g	0.117		0		1	0.014		
Isoleucine.....g	0.154		0		1	0.019		
Leucine.....g	0.268		0		1	0.033		
Lysine.....g	0.156		0		1	0.019		
Methionine.....g	0.069		0		1	0.008		
Cystine.....g	0.069		0		1	0.008		
Phenylalanine.....g	0.177		0		1	0.022		
Tyrosine.....g	0.118		0		1	0.014		
Valine.....g	0.179		0		1	0.022		
Arginine.....g	0.140		0		1	0.017		
Histidine.....g	0.073		0		1	0.009		
Alanine.....g	0.119		0		1	0.015		
Aspartic acid.....g	0.195		0		1	0.024		
Glutamic acid.....g	1.061		0		1	0.129		
Glycine.....g	0.116		0		1	0.014		
Proline.....g	0.367		0		1	0.045		
Serine.....g	0.193		0		1	0.024		
Hydroxyproline.....g								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 12.2g: 1 cookie (average weight of 1 cookie)

Calories Factors: Protein 3.8

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18198

Cookies, chocolate chip, commercially prepared, special dietary

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	5.10		1		1		1.45	0.36	
Energy.....kcal	450		0		4		128	32	
Energy.....kJ	1883		0		4		534	132	
Protein (N x 5.8).....g	3.90		1		1		1.11	0.27	
Total lipid (fat).....g	16.80		1		1		4.76	1.18	
Ash.....g	0.70		1		1		0.20	0.05	
Carbohydrate, by difference.....g	73.40		0	NC	4		20.81	5.14	
Fiber, total dietary.....g	1.6		0		4		0.5	0.1	
Sugars, total.....g	39.81		0	FLC	4		11.29	2.79	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	46		0	FLA	4		13	3	
Iron, Fe.....mg	3.50		0	FLA	4		0.99	0.25	
Magnesium, Mg.....mg	21		0	FLA	4		6	1	
Phosphorus, P.....mg	109		0	FLA	4		31	8	
Potassium, K.....mg	199		1		1		56	14	
Sodium, Na.....mg	406		0	LC	8		115	28	
Zinc, Zn.....mg	0.47		0	FLA	4		0.13	0.03	
Copper, Cu.....mg	0.218		0	FLA	4		0.062	0.015	
Manganese, Mn.....mg	0.365		0	FLA	4		0.103	0.026	
Selenium, Se.....µg	2.6		0	FLA	4		0.7	0.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.373		0	FLA	4		0.106	0.026	
Riboflavin.....mg	0.188		0	FLA	4		0.053	0.013	
Niacin.....mg	2.843		0	FLA	4		0.806	0.199	
Pantothenic acid.....mg	0.201		0	FLA	4		0.057	0.014	
Vitamin B-6.....mg	0.018		0	FLA	4		0.005	0.001	
Folate, total.....µg	54		0	FLC	4		15	4	
Folic acid.....µg	48		0		4		14	3	
Folate, food.....µg	6		0		4		2	0	
Folate, DFE.....mcg_DFE	88		0	NC	4		25	6	
Choline, total.....mg	6.7		0	FLC	4		1.9	0.5	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		0	0	
Retinol.....µg	1		0	FLC	4		0	0	
Carotene, beta.....µg	0		0	FLC	4		0	0	
Carotene, alpha.....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLC	4		0	0	
Vitamin A, IU.....IU	3		0	NC	4		1	0	
Lycopene.....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....µg	3		0	FLC	4		1	0	
Vitamin E (alpha-tocopherol).....mg	1.06		0	FLC	4		0.30	0.07	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	4.0		0	FLC	4		1.1	0.3	
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	4.183		0	FLA	4		1.186	0.293	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.008		0	FLA	4		0.002	0.001	
13:0.....g									
14:0.....g	0.032		0	FLA	4		0.009	0.002	
15:0.....g									
16:0.....g	2.263		0	FLA	4		0.642	0.158	
17:0.....g									
18:0.....g	1.832		0	FLA	4		0.519	0.128	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.730		0	FLA	4		1.908	0.471	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.063		0	FLA	4		0.018	0.004	
17:1.....g									
18:1 undifferentiated.....g	6.655		0	FLA	4		1.887	0.466	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.035		0	FLA	4		1.427	0.352	
18:2 undifferentiated.....g	4.677		0	FLA	4		1.326	0.327	
18:3 undifferentiated.....g	0.346		0	FLA	4		0.098	0.024	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.055		0		1		0.016	0.004	
Threonine.....g	0.120		0		1		0.034	0.008	
Isoleucine.....g	0.160		0		1		0.045	0.011	
Leucine.....g	0.285		0		1		0.081	0.020	
Lysine.....g	0.154		0		1		0.044	0.011	
Methionine.....g	0.069		0		1		0.020	0.005	
Cystine.....g	0.075		0		1		0.021	0.005	
Phenylalanine.....g	0.191		0		1		0.054	0.013	
Tyrosine.....g	0.125		0		1		0.035	0.009	
Valine.....g	0.188		0		1		0.053	0.013	
Arginine.....g	0.144		0		1		0.041	0.010	
Histidine.....g	0.077		0		1		0.022	0.005	
Alanine.....g	0.122		0		1		0.035	0.009	
Aspartic acid.....g	0.194		0		1		0.055	0.014	
Glutamic acid.....g	1.213		0		1		0.344	0.085	
Glycine.....g	0.127		0		1		0.036	0.009	
Proline.....g	0.418		0		1		0.119	0.029	
Serine.....g	0.202		0		1		0.057	0.014	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	8		0	FLA	4		2	1	
Theobromine.....mg	61		0	FLA	4		17	4	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18198

Cookies, chocolate chip, commercially prepared, special dietary

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 7.0g: 1 cookie, medium (1-5/8" dia)

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18161
Cookies, chocolate chip, dry mix

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.00		2		1		0.85	14.88	
Energy.....kcal	497		0	NC	4		141	2465	
Energy.....kJ	2079				4		590	10314	
Protein (N x 5.8).....g	4.60		2		1		1.30	22.82	
Total lipid (fat).....g	25.20		2		1		7.14	124.99	
Ash.....g	1.20		2		1		0.34	5.95	
Carbohydrate, by difference.....g	66.10		0		4		18.74	327.86	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	43		2		1		12	213	
Iron, Fe.....mg	2.07		2		1		0.59	10.27	
Magnesium, Mg.....mg	36		1		1		10	179	
Phosphorus, P.....mg	80		2		1		23	397	
Potassium, K.....mg	208		2		1		59	1032	
Sodium, Na.....mg	290		2		1		82	1438	
Zinc, Zn.....mg	0.60		1		1		0.17	2.98	
Copper, Cu.....mg	0.300		1		1		0.085	1.488	
Manganese, Mn.....mg	0.363		0	FLA	4		0.103	1.800	
Selenium, Se.....µg	2.4		0	FLA	4		0.7	11.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.195		2		1		0.055	0.967	
Riboflavin.....mg	0.205		2		1		0.058	1.017	
Niacin.....mg	1.990		2		1		0.564	9.870	
Pantothenic acid.....mg	0.171		0	FLA	4		0.048	0.848	
Vitamin B-6.....mg	0.017		0	FLA	4		0.005	0.084	
Folate, total.....µg	51		0	FLA	4		14	253	
Folic acid.....µg	45		0	NC	4		13	223	
Folate, food.....µg	6		0		4		2	30	
Folate, DFE.....mcg_DFE	83		0	NC	4		23	409	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	1	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	4		0	FLA	4		1	20	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	8.316		0	FLA	4		2.358	41.247	
4:0.....g	0.000		0	FLA	4		0.000	0.000	

NDB No. 18161
Cookies, chocolate chip, dry mix

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.011		0	FLA	4		0.003	0.055	
13:0.....g									
14:0.....g	0.125		0	FLA	4		0.035	0.620	
15:0.....g									
16:0.....g	3.996		0	FLA	4		1.133	19.820	
17:0.....g									
18:0.....g	4.116		0	FLA	4		1.167	20.415	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	13.077		0	FLA	4		3.707	64.862	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.018		0	FLA	4		0.005	0.089	
17:1.....g									
18:1 undifferentiated.....g	13.061		0	FLA	4		3.703	64.783	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.620		0	FLA	4		0.743	12.995	
18:2 undifferentiated.....g	2.486		0	FLA	4		0.705	12.331	
18:3 undifferentiated.....g	0.134		0	FLA	4		0.038	0.665	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.064		0		4		0.018	0.317	
Threonine.....g	0.141		0		4		0.040	0.699	
Isoleucine.....g	0.189		0		4		0.054	0.937	
Leucine.....g	0.337		0		4		0.096	1.672	
Lysine.....g	0.184		0		4		0.052	0.913	
Methionine.....g	0.081		0		4		0.023	0.402	
Cystine.....g	0.084		0		4		0.024	0.417	
Phenylalanine.....g	0.224		0		4		0.064	1.111	
Tyrosine.....g	0.148		0		4		0.042	0.734	
Valine.....g	0.222		0		4		0.063	1.101	
Arginine.....g	0.166		0		4		0.047	0.823	
Histidine.....g	0.089		0		4		0.025	0.441	
Alanine.....g	0.143		0		4		0.041	0.709	
Aspartic acid.....g	0.232		0		4		0.066	1.151	
Glutamic acid.....g	1.397		0		4		0.396	6.929	
Glycine.....g	0.146		0		4		0.041	0.724	
Proline.....g	0.484		0		4		0.137	2.401	
Serine.....g	0.235		0		4		0.067	1.166	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	12		0	FLA	4		3	60	
Theobromine.....mg	91		0	FLA	4		26	451	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18161

Cookies, chocolate chip, dry mix

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 496g: 1 package (17.5 oz)

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18378

Cookies, chocolate chip, prepared from recipe, made with butter

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	5.70		0		1		1.62	0.91	
Energy.....kcal	488		0	NC	4		138	78	
Energy.....kJ	2042				4		579	327	
Protein (N x 0).....g	5.70		0		1		1.62	0.91	
Total lipid (fat).....g	28.40		0		1		8.05	4.54	
Ash.....g	1.50		0		1		0.43	0.24	
Carbohydrate, by difference.....g	58.20		0	NC	4		16.50	9.31	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	38		0		1		11	6	
Iron, Fe.....mg	2.48		0		1		0.70	0.40	
Magnesium, Mg.....mg	55		0		1		16	9	
Phosphorus, P.....mg	100		0		1		28	16	
Potassium, K.....mg	221		0		1		63	35	
Sodium, Na.....mg	341		0		1		97	55	
Zinc, Zn.....mg	0.94		0		1		0.27	0.15	
Copper, Cu.....mg	0.386		0		1		0.109	0.062	
Manganese, Mn.....mg	0.663		0		1		0.188	0.106	
Selenium, Se.....µg	11.2		0	RK	4		3.2	1.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		0		1		0.1	0.0	
Thiamin.....mg	0.184		0		1		0.052	0.029	
Riboflavin.....mg	0.177		0		1		0.050	0.028	
Niacin.....mg	1.365		0		1		0.387	0.218	
Pantothenic acid.....mg	0.259		0		1		0.073	0.041	
Vitamin B-6.....mg	0.084		0		1		0.024	0.013	
Folate, total.....µg	33		0	RK	4		9	5	
Folic acid.....µg	20		0	NC	4		6	3	
Folate, food.....µg	13		0		1		4	2	
Folate, DFE.....mcg_DFE	47		0	NC	4		13	8	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.08		0		1		0.02	0.01	
Vitamin A, RAE.....mcg_RAE	139		0	NC	4		39	22	
Retinol.....µg	131		0	NC	4		37	21	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	594		0		1		168	95	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	14.071		0		1		3.989	2.251	
4:0.....g	0.455		0		1		0.129	0.073	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.269		0		1		0.076	0.043	
8:0.....g	0.157		0		1		0.045	0.025	
10:0.....g	0.352		0		1		0.100	0.056	
12:0.....g	0.394		0		1		0.112	0.063	
13:0.....g									
14:0.....g	1.444		0		1		0.409	0.231	
15:0.....g									
16:0.....g	6.373		0		1		1.807	1.020	
17:0.....g									
18:0.....g	4.262		0		1		1.208	0.682	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.241		0		1		2.336	1.319	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.352		0		1		0.100	0.056	
17:1.....g									
18:1 undifferentiated.....g	7.629		0		1		2.163	1.221	
20:1.....g	0.050		0		1		0.014	0.008	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.541		0		1		1.287	0.727	
18:2 undifferentiated.....g	3.682		0		1		1.044	0.589	
18:3 undifferentiated.....g	0.843		0		1		0.239	0.135	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.013		0		1		0.004	0.002	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g	0.003		0		1		0.001	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	70		0		1		20	11	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.072		0		1		0.020	0.012	
Threonine.....g	0.191		0		1		0.054	0.031	
Isoleucine.....g	0.224		0		1		0.064	0.036	
Leucine.....g	0.391		0		1		0.111	0.063	
Lysine.....g	0.214		0		1		0.061	0.034	
Methionine.....g	0.106		0		1		0.030	0.017	
Cystine.....g	0.111		0		1		0.031	0.018	
Phenylalanine.....g	0.270		0		1		0.077	0.043	
Tyrosine.....g	0.188		0		1		0.053	0.030	
Valine.....g	0.279		0		1		0.079	0.045	
Arginine.....g	0.377		0		1		0.107	0.060	
Histidine.....g	0.123		0		1		0.035	0.020	
Alanine.....g	0.227		0		1		0.064	0.036	
Aspartic acid.....g	0.424		0		1		0.120	0.068	
Glutamic acid.....g	1.283		0		1		0.364	0.205	
Glycine.....g	0.223		0		1		0.063	0.036	
Proline.....g	0.398		0		1		0.113	0.064	
Serine.....g	0.297		0		1		0.084	0.048	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18378

Cookies, chocolate chip, prepared from recipe, made with butter

Measure 2 = 16g: 1 cookie, medium (2-1/4" dia)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18165

Cookies, chocolate chip, prepared from recipe, made with margarine

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	5.70		0		1		1.62	1.82	0.91
Energy.....kcal	488		0	NC	4		138	156	78
Energy.....kJ	2042				4		579	653	327
Protein (N x 0).....g	5.70		0		1		1.62	1.82	0.91
Total lipid (fat).....g	28.30		0		1		8.02	9.06	4.53
Ash.....g	1.50		0		1		0.43	0.48	0.24
Carbohydrate, by difference.....g	58.40		0	NC	4		16.56	18.69	9.34
Fiber, total dietary.....g	2.8		0		4		0.8	0.9	0.4
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	39		0		1		11	12	6
Iron, Fe.....mg	2.46		0		1		0.70	0.79	0.39
Magnesium, Mg.....mg	55		0		1		16	18	9
Phosphorus, P.....mg	100		0		1		28	32	16
Potassium, K.....mg	224		0		1		64	72	36
Sodium, Na.....mg	361		0		1		102	116	58
Zinc, Zn.....mg	0.93		0		1		0.26	0.30	0.15
Copper, Cu.....mg	0.383		0		1		0.109	0.123	0.061
Manganese, Mn.....mg	0.663		0		1		0.188	0.212	0.106
Selenium, Se.....µg	11.1		0	RK	4		3.1	3.6	1.8
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		0		1		0.1	0.1	0.0
Thiamin.....mg	0.185		0		1		0.052	0.059	0.030
Riboflavin.....mg	0.178		0		1		0.050	0.057	0.028
Niacin.....mg	1.362		0		1		0.386	0.436	0.218
Pantothenic acid.....mg	0.255		0		1		0.072	0.082	0.041
Vitamin B-6.....mg	0.085		0		1		0.024	0.027	0.014
Folate, total.....µg	33		0	RK	4		9	11	5
Folic acid.....µg	20		0	NC	4		6	6	3
Folate, food.....µg	13		0		1		4	4	2
Folate, DFE.....mcg_DFE	47		0	NC	4		13	15	8
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.08		0		1		0.02	0.03	0.01
Vitamin A, RAE.....mcg_RAE	143		0	NC	4		40	46	23
Retinol.....µg	130		0	RK	4		37	42	21
Carotene, beta.....µg	150		0	RK	4		43	48	24
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	683		0	NC	4		194	219	109
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	8.074		0		1		2.289	2.584	1.292
4:0.....g	0.000		0		1		0.000	0.000	0.000

Cookies, chocolate chip, prepared from recipe, made with margarine

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.068		0		1		0.019	0.022	0.011
15:0.....g									
16:0.....g	4.361		0		1		1.236	1.396	0.698
17:0.....g									
18:0.....g	3.582		0		1		1.015	1.146	0.573
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	10.377		0		1		2.942	3.321	1.660
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.038		0		1		0.011	0.012	0.006
17:1.....g									
18:1 undifferentiated.....g	10.288		0		1		2.917	3.292	1.646
20:1.....g	0.050		0		1		0.014	0.016	0.008
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	8.410		0		1		2.384	2.691	1.346
18:2 undifferentiated.....g	7.565		0		1		2.145	2.421	1.210
18:3 undifferentiated.....g	0.829		0		1		0.235	0.265	0.133
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.013		0		1		0.004	0.004	0.002
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.003		0		1		0.001	0.001	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	32		0		1		9	10	5
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.072		0		1		0.020	0.023	0.012
Threonine.....g	0.191		0		1		0.054	0.061	0.031
Isoleucine.....g	0.224		0		1		0.064	0.072	0.036
Leucine.....g	0.392		0		1		0.111	0.125	0.063
Lysine.....g	0.214		0		1		0.061	0.068	0.034
Methionine.....g	0.106		0		1		0.030	0.034	0.017
Cystine.....g	0.111		0		1		0.031	0.036	0.018
Phenylalanine.....g	0.271		0		1		0.077	0.087	0.043
Tyrosine.....g	0.188		0		1		0.053	0.060	0.030
Valine.....g	0.279		0		1		0.079	0.089	0.045
Arginine.....g	0.377		0		1		0.107	0.121	0.060
Histidine.....g	0.123		0		1		0.035	0.039	0.020
Alanine.....g	0.227		0		1		0.064	0.073	0.036
Aspartic acid.....g	0.424		0		1		0.120	0.136	0.068
Glutamic acid.....g	1.285		0		1		0.364	0.411	0.206
Glycine.....g	0.223		0		1		0.063	0.071	0.036
Proline.....g	0.399		0		1		0.113	0.128	0.064
Serine.....g	0.298		0		1		0.084	0.095	0.048
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	16		0	RK	4		5	5	3
Theobromine.....mg	127		0	RK	4		36	41	20

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18165

Cookies, chocolate chip, prepared from recipe, made with margarine

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 32g: 1 bar (2" square)

Measure 3 = 16g: 1 cookie, medium (2-1/4" dia)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18163

Cookies, chocolate chip, refrigerated dough

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	12.70	0.180	29		1		3.60	3.68	
Energy.....kcal	443		0	NC	4		126	128	
Energy.....kJ	1854				4		525	538	
Protein (N x 5.9).....g	4.40	0.142	27		1		1.25	1.28	
Total lipid (fat).....g	20.40	0.351	29		1		5.78	5.92	
Ash.....g	1.10	0.026	29		1		0.31	0.32	
Carbohydrate, by difference.....g	61.40		0	NC	4		17.41	17.81	
Fiber, total dietary.....g	1.5		0		4		0.4	0.4	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	25	1.199	17		1		7	7	
Iron, Fe.....mg	2.25	0.162	19		1		0.64	0.65	
Magnesium, Mg.....mg	24	1.122	9		1		7	7	
Phosphorus, P.....mg	69	1.098	9		1		20	20	
Potassium, K.....mg	180	27.864	19		1		51	52	
Sodium, Na.....mg	209	21.068	19		1		59	61	
Zinc, Zn.....mg	0.50	0.012	9		1		0.14	0.15	
Copper, Cu.....mg	0.180	0.013	5		1		0.051	0.052	
Manganese, Mn.....mg	0.373		0	FLA	4		0.106	0.108	
Selenium, Se.....µg	5.0		0	FLA	4		1.4	1.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	4		1		0.0	0.0	
Thiamin.....mg	0.187	0.052	15		1		0.053	0.054	
Riboflavin.....mg	0.191	0.033	19		1		0.054	0.055	
Niacin.....mg	1.975	0.126	19		1		0.560	0.573	
Pantothenic acid.....mg	0.308		0	FLA	4		0.087	0.089	
Vitamin B-6.....mg	0.038		0	FLA	4		0.011	0.011	
Folate, total.....µg	57		0	FLA	4		16	17	
Folic acid.....µg	48		0	NC	4		14	14	
Folate, food.....µg	9		0		4		3	3	
Folate, DFE.....mcg_DFE	91		0	NC	4		26	26	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.08		0	FLA	4		0.02	0.02	
Vitamin A, RAE.....mcg_RAE	18		0	NC	4		5	5	
Retinol.....µg	18		0	NC	4		5	5	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	59	3.121	8		1		17	17	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	6.729		0	FLA	4		1.908	1.951	
4:0.....g	0.000		0	FLA	4		0.000	0.000	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.100		0	FLA	4		0.028	0.029	
15:0.....g									
16:0.....g	3.298		0	FLA	4		0.935	0.956	
17:0.....g									
18:0.....g	3.267		0	FLA	4		0.926	0.947	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	10.414		0	FLA	4		2.952	3.020	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.035		0	FLA	4		0.010	0.010	
17:1.....g									
18:1 undifferentiated.....g	10.378		0	FLA	4		2.942	3.010	
20:1.....g	0.002		0	FLA	4		0.001	0.001	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.172		0	FLA	4		0.616	0.630	
18:2 undifferentiated.....g	2.042		0	FLA	4		0.579	0.592	
18:3 undifferentiated.....g	0.108		0	FLA	4		0.031	0.031	
18:4.....g	0.001		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.011		0	FLA	4		0.003	0.003	
20:5 n-3 (EPA).....g	0.006		0	FLA	4		0.002	0.002	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.004		0	FLA	4		0.001	0.001	
Fatty acids, total trans.....g									
Cholesterol.....mg	24	1.539	18		1		7	7	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.059		0		1		0.017	0.017	
Threonine.....g	0.149		0		1		0.042	0.043	
Isoleucine.....g	0.190		0		1		0.054	0.055	
Leucine.....g	0.328		0		1		0.093	0.095	
Lysine.....g	0.200		0		1		0.057	0.058	
Methionine.....g	0.089		0		1		0.025	0.026	
Cystine.....g	0.088		0		1		0.025	0.026	
Phenylalanine.....g	0.218		0		1		0.062	0.063	
Tyrosine.....g	0.146		0		1		0.041	0.042	
Valine.....g	0.220		0		1		0.062	0.064	
Arginine.....g	0.181		0		1		0.051	0.052	
Histidine.....g	0.090		0		1		0.026	0.026	
Alanine.....g	0.158		0		1		0.045	0.046	
Aspartic acid.....g	0.260		0		1		0.074	0.075	
Glutamic acid.....g	1.202		0		1		0.341	0.349	
Glycine.....g	0.143		0		1		0.041	0.041	
Proline.....g	0.409		0		1		0.116	0.119	
Serine.....g	0.246		0		1		0.070	0.071	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	9		0	FLA	4		3	3	
Theobromine.....mg	72		0	FLA	4		20	21	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18163

Cookies, chocolate chip, refrigerated dough

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 29g: 1 portion, dough spoon from roll

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

Cookies, chocolate chip, refrigerated dough, baked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g									
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.086		0		4		0.024	0.010	
15:0.....g									
16:0.....g	3.769		0		4		1.069	0.452	
17:0.....g									
18:0.....g	3.900		0		4		1.106	0.468	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	11.258		0		4		3.192	1.351	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.043		0		4		0.012	0.005	
17:1.....g									
18:1 undifferentiated.....g	11.213		0		4		3.179	1.346	
20:1.....g	0.003		0		4		0.001	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.319		0		4		0.657	0.278	
18:2 undifferentiated.....g	2.190		0		4		0.621	0.263	
18:3 undifferentiated.....g	0.111		0		4		0.031	0.013	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.014		0		4		0.004	0.002	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g	0.004		0		4		0.001	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	27		0		4		8	3	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.066		0		4		0.019	0.008	
Threonine.....g	0.166		0		4		0.047	0.020	
Isoleucine.....g	0.212		0		4		0.060	0.025	
Leucine.....g	0.365		0		4		0.103	0.044	
Lysine.....g	0.222		0		4		0.063	0.027	
Methionine.....g	0.099		0		4		0.028	0.012	
Cystine.....g	0.098		0		4		0.028	0.012	
Phenylalanine.....g	0.242		0		4		0.069	0.029	
Tyrosine.....g	0.162		0		4		0.046	0.019	
Valine.....g	0.244		0		4		0.069	0.029	
Arginine.....g	0.202		0		4		0.057	0.024	
Histidine.....g	0.100		0		4		0.028	0.012	
Alanine.....g	0.176		0		4		0.050	0.021	
Aspartic acid.....g	0.289		0		4		0.082	0.035	
Glutamic acid.....g	1.336		0		4		0.379	0.160	
Glycine.....g	0.159		0		4		0.045	0.019	
Proline.....g	0.454		0		4		0.129	0.054	
Serine.....g	0.274		0		4		0.078	0.033	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18164

Cookies, chocolate chip, refrigerated dough, baked

Measure 2 = 12.0g: 1 cookie, medium (2-1/4" dia)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	22.8		2	A	1	2.6	7.7		
Dihydrophyloquinone.....µg	0.0		2	A	1	0.0	0.0		
Menaquinone-4.....µg	0.0		2	A	1	0.0	0.0		
Lipids:									
Fatty acids, total saturated.....g	6.375		0	NC	4	0.733	2.168		
4:0.....g	0.000	0.000	4	A	1	0.000	0.000		
6:0.....g	0.000	0.000	4	A	1	0.000	0.000		
8:0.....g	0.000	0.000	4	A	1	0.000	0.000		
10:0.....g	0.007	0.001	4	A	1	0.001	0.003		
12:0.....g	0.022	0.001	4	A	1	0.003	0.008		
13:0.....g									
14:0.....g	0.105	0.001	4	A	1	0.012	0.036		
15:0.....g	0.007	0.000	4	A	1	0.001	0.002		
16:0.....g	5.220	0.068	4	A	1	0.600	1.775		
17:0.....g	0.013	0.000	4	A	1	0.001	0.004		
18:0.....g	0.858	0.007	4	A	1	0.099	0.292		
20:0.....g	0.088	0.001	4	A	1	0.010	0.030		
22:0.....g	0.037	0.001	4	A	1	0.004	0.013		
24:0.....g	0.018	0.000	4	A	1	0.002	0.006		
Fatty acids, total monounsaturated.....g	8.503		0	NC	4	0.978	2.891		
14:1.....g	0.000	0.000	4	A	1	0.000	0.000		
15:1.....g	0.000	0.000	4	A	1	0.000	0.000		
16:1 undifferentiated.....g	0.028	0.000	4	AS	1	0.003	0.009		
16:1 c.....g	0.028	0.000	4	A	1	0.003	0.009		
16:1 t.....g	0.000	0.000	4	A	1	0.000	0.000		
17:1.....g	0.005	0.000	4	A	1	0.001	0.002		
18:1 undifferentiated.....g	8.391	0.071	4	AS	1	0.965	2.853		
18:1 c.....g									
18:1-11c (18:1c n-7).....g									
18:1 t.....g									
18:1-11t (18:1t n-7).....g									
20:1.....g	0.057	0.016	4	A	1	0.007	0.019		
22:1 undifferentiated.....g	0.003	0.000	4	AS	1	0.000	0.001		
22:1 c.....g	0.003	0.000	4	A	1	0.000	0.001		
22:1 t.....g	0.000	0.000	4	A	1	0.000	0.000		
24:1 c.....g	0.019	0.001	4	A	1	0.002	0.007		
Fatty acids, total polyunsaturated.....g	3.554		0	NC	4	0.409	1.208		
18:2 undifferentiated.....g	3.190	0.027	4	AS	1	0.367	1.085		
18:2 n-6 c,c.....g									
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.034	0.001	4	A	1	0.004	0.011		
18:3 undifferentiated.....g	0.354	0.021	4	AS	1	0.041	0.120		
18:3 n-3 c,c,c (ALA).....g	0.342	0.022	4	A	1	0.039	0.116		
18:3 n-6 c,c,c.....g	0.012	0.001	4	A	1	0.001	0.004		
18:3i.....g									
18:4.....g	0.000	0.000	4	A	1	0.000	0.000		
20:2 n-6 c,c.....g	0.006	0.000	4	A	1	0.001	0.002		
20:3 undifferentiated.....g	0.001	0.001	4	AS	1	0.000	0.000		
20:3 n-3.....g	0.000	0.000	4	A	1	0.000	0.000		
20:3 n-6.....g	0.001	0.001	4	A	1	0.000	0.000		
20:4 undifferentiated.....g	0.000	0.000	4	A	1	0.000	0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1	0.000	0.000		
21:5.....g									
22:4.....g	0.000	0.000	4	A	1	0.000	0.000		
22:5 n-3 (DPA).....g	0.002	0.001	4	A	1	0.000	0.001		

NDB No. 18166

Cookies, chocolate sandwich, with creme filling, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA).....g	0.001	0.000	4	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.054		0	NC	4		0.006	0.018	
Fatty acids, total trans-monoenoic.....g	0.020		0	NC	4		0.002	0.007	
Fatty acids, total trans-polyenoic.....g	0.034		0	NC	4		0.004	0.011	
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.090		0	A	1		0.010	0.031	
Threonine.....g	0.150		0	A	1		0.017	0.051	
Isoleucine.....g	0.170		0	A	1		0.020	0.058	
Leucine.....g	0.320		0	A	1		0.037	0.109	
Lysine.....g	0.050		0	A	1		0.006	0.017	
Methionine.....g	0.080		0	A	1		0.009	0.027	
Cystine.....g	0.090		0	A	1		0.010	0.031	
Phenylalanine.....g	0.230		0	A	1		0.026	0.078	
Tyrosine.....g	0.100		0	A	1		0.012	0.034	
Valine.....g	0.230		0	A	1		0.026	0.078	
Arginine.....g	0.140		0	A	1		0.016	0.048	
Histidine.....g	0.090		0	A	1		0.010	0.031	
Alanine.....g	0.180		0	A	1		0.021	0.061	
Aspartic acid.....g	0.290		0	A	1		0.033	0.099	
Glutamic acid.....g	1.460		0	A	1		0.168	0.496	
Glycine.....g	0.190		0	A	1		0.022	0.065	
Proline.....g	0.450		0	A	1		0.052	0.153	
Serine.....g	0.220		0	A	1		0.025	0.075	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	13		0	FLA	4		1	4	
Theobromine.....mg	430		0	FLA	4		49	146	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 11.5g: 1 cookie

Measure 2 = 34g: 3 cookies (1 NLEA serving)

Calories Factors: Protein 3.5

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18167

Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.00	0.256	11		1		0.57	0.34	
Energy.....kcal	481		0		4		136	82	
Energy.....kJ	2013		0		4		571	342	
Protein (N x 5.7).....g	3.60	0.177	11		1		1.02	0.61	
Total lipid (fat).....g	26.40	0.817	11		1		7.48	4.49	
Ash.....g	1.60	0.138	11		1		0.45	0.27	
Carbohydrate, by difference.....g	66.10		0	NC	4		18.74	11.24	
Fiber, total dietary.....g	5.2		0		4		1.5	0.9	
Sugars, total.....g	63.40		0	FLA	4		17.97	10.78	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	35	1.565	11		1		10	6	
Iron, Fe.....mg	3.13	0.252	10		1		0.89	0.53	
Magnesium, Mg.....mg	39	1.292	11		1		11	7	
Phosphorus, P.....mg	90	3.569	11		1		26	15	
Potassium, K.....mg	240	15.591	11		1		68	41	
Sodium, Na.....mg	326	8.088	11		1		92	55	
Zinc, Zn.....mg	0.58	0.027	11		1		0.16	0.10	
Copper, Cu.....mg	0.315	0.021	10		1		0.089	0.054	
Manganese, Mn.....mg	0.372	0.024	10		1		0.105	0.063	
Selenium, Se.....µg	3.2		0	FLA	4		0.9	0.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.095	0.014	10		1		0.027	0.016	
Riboflavin.....mg	0.204	0.018	11		1		0.058	0.035	
Niacin.....mg	1.373	0.067	11		1		0.389	0.233	
Pantothenic acid.....mg	0.178		0	FLA	4		0.050	0.030	
Vitamin B-6.....mg	0.044		0	FLA	4		0.012	0.007	
Folate, total.....µg	18		0	FLA	4		5	3	
Folic acid.....µg	11		0	NC	4		3	2	
Folate, food.....µg	7		0		4		2	1	
Folate, DFE.....mcg_DFE	26		0	NC	4		7	4	
Choline, total.....mg	21.3		0	FLC	4		6.1	3.6	
Betaine.....mg									
Vitamin B-12.....µg	0.05		0	FLA	4		0.01	0.01	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	2		0	NC	4		0	0	
Retinol.....µg	2		0	FLA	4		0	0	
Carotene, beta.....µg	0		0	FLA	4		0	0	
Carotene, alpha.....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	5		0	NC	4		2	1	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	1		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.22		0	FLA	4		0.06	0.04	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	11.3		0	FLA	4		3.2	1.9	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	7.426		0	FLA	4		2.105	1.262	
4:0.....g	0.001		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.124		0	FLA	4		0.035	0.021	
15:0.....g									
16:0.....g	3.714		0	FLA	4		1.053	0.631	
17:0.....g									
18:0.....g	3.571		0	FLA	4		1.012	0.607	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	14.584		0	FLA	4		4.135	2.479	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	FLA	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	14.582		0	FLA	4		4.134	2.479	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.001		0	FLA	4		0.851	0.510	
18:2 undifferentiated.....g	2.855		0	FLA	4		0.809	0.485	
18:3 undifferentiated.....g	0.146		0	FLA	4		0.041	0.025	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.056		0		1		0.016	0.010	
Threonine.....g	0.149		0		1		0.042	0.025	
Isoleucine.....g	0.155		0		1		0.044	0.026	
Leucine.....g	0.258		0		1		0.073	0.044	
Lysine.....g	0.185		0		1		0.052	0.031	
Methionine.....g	0.051		0		1		0.014	0.009	
Cystine.....g	0.062		0		1		0.018	0.011	
Phenylalanine.....g	0.176		0		1		0.050	0.030	
Tyrosine.....g	0.128		0		1		0.036	0.022	
Valine.....g	0.207		0		1		0.059	0.035	
Arginine.....g	0.182		0		1		0.052	0.031	
Histidine.....g	0.070		0		1		0.020	0.012	
Alanine.....g	0.160		0		1		0.045	0.027	
Aspartic acid.....g	0.311		0		1		0.088	0.053	
Glutamic acid.....g	0.793		0		1		0.225	0.135	
Glycine.....g	0.148		0		1		0.042	0.025	
Proline.....g	0.253		0		1		0.072	0.043	
Serine.....g	0.178		0		1		0.050	0.030	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	1		0	FLA	4		0	0	
Theobromine.....mg	26		0	FLA	4		7	4	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18167

Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 17g: 1 cookie

Calories Factors: Protein 2.7

Fat 8.8

Carbohydrate 3.6

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18199

Cookies, chocolate sandwich, with creme filling, special dietary

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	4.20		1		1		1.19	0.42	
Energy.....kcal	461		0		4		131	46	
Energy.....kJ	1929		0		4		547	193	
Protein (N x 5.7).....g	4.50		1		1		1.28	0.45	
Total lipid (fat).....g	22.10		1		1		6.27	2.21	
Ash.....g	1.20		1		1		0.34	0.12	
Carbohydrate, by difference.....g	67.70		0	NC	4		19.19	6.77	
Fiber, total dietary.....g	4.1		0		4		1.2	0.4	
Sugars, total.....g	23.53		0	FLC	4		6.67	2.35	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	98		0	FLA	4		28	10	
Iron, Fe.....mg	4.72		0	FLA	4		1.34	0.47	
Magnesium, Mg.....mg	26		0	FLA	4		7	3	
Phosphorus, P.....mg	200		0	FLA	4		57	20	
Potassium, K.....mg	295		1		1		84	30	
Sodium, Na.....mg	243		1		1		69	24	
Zinc, Zn.....mg	0.58		0	FLA	4		0.16	0.06	
Copper, Cu.....mg	0.220		0	FLA	4		0.062	0.022	
Manganese, Mn.....mg	0.403		0	FLA	4		0.114	0.040	
Selenium, Se.....µg	3.7		0	FLA	4		1.0	0.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.524		0	FLA	4		0.149	0.052	
Riboflavin.....mg	0.292		0	FLA	4		0.083	0.029	
Niacin.....mg	3.971		0	FLA	4		1.126	0.397	
Pantothenic acid.....mg	0.359		0	FLA	4		0.102	0.036	
Vitamin B-6.....mg	0.033		0	FLA	4		0.009	0.003	
Folate, total.....µg	72		0	FLC	4		20	7	
Folic acid.....µg	62		0		4		18	6	
Folate, food.....µg	10		0		4		3	1	
Folate, DFE.....mcg_DFE	115		0	NC	4		33	12	
Choline, total.....mg	5.5		0	FLC	4		1.5	0.5	
Betaine.....mg									
Vitamin B-12.....µg	0.04		0	FLA	4		0.01	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		0	0	
Retinol.....µg	1		0	FLC	4		0	0	
Carotene, beta.....µg	0		0	FLC	4		0	0	
Carotene, alpha.....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLC	4		0	0	
Vitamin A, IU.....IU	4		0	NC	4		1	0	
Lycopene.....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....µg	2		0	FLC	4		1	0	
Vitamin E (alpha-tocopherol).....mg	1.82		0	FLC	4		0.52	0.18	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	5.8		0	FLC	4		1.7	0.6	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	3.825		0	FLA	4		1.084	0.383	
4:0.....g	0.001		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.181		0	FLA	4		0.051	0.018	
13:0.....g									
14:0.....g	0.025		0	FLA	4		0.007	0.003	
15:0.....g									
16:0.....g	2.392		0	FLA	4		0.678	0.239	
17:0.....g									
18:0.....g	1.393		0	FLA	4		0.395	0.139	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	9.228		0	FLA	4		2.616	0.923	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.084		0	FLA	4		0.024	0.008	
17:1.....g									
18:1 undifferentiated.....g	9.123		0	FLA	4		2.586	0.912	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.940		0	FLA	4		2.251	0.794	
18:2 undifferentiated.....g	7.375		0	FLA	4		2.091	0.738	
18:3 undifferentiated.....g	0.544		0	FLA	4		0.154	0.054	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.066		0		1		0.019	0.007	
Threonine.....g	0.152		0		1		0.043	0.015	
Isoleucine.....g	0.180		0		1		0.051	0.018	
Leucine.....g	0.308		0		1		0.087	0.031	
Lysine.....g	0.193		0		1		0.055	0.019	
Methionine.....g	0.069		0		1		0.020	0.007	
Cystine.....g	0.082		0		1		0.023	0.008	
Phenylalanine.....g	0.213		0		1		0.060	0.021	
Tyrosine.....g	0.146		0		1		0.041	0.015	
Valine.....g	0.228		0		1		0.065	0.023	
Arginine.....g	0.194		0		1		0.055	0.019	
Histidine.....g	0.087		0		1		0.025	0.009	
Alanine.....g	0.163		0		1		0.046	0.016	
Aspartic acid.....g	0.290		0		1		0.082	0.029	
Glutamic acid.....g	1.187		0		1		0.337	0.119	
Glycine.....g	0.163		0		1		0.046	0.016	
Proline.....g	0.392		0		1		0.111	0.039	
Serine.....g	0.223		0		1		0.063	0.022	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	3		0	FLA	4		1	0	
Theobromine.....mg	20		0	FLA	4		6	2	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18199

Cookies, chocolate sandwich, with creme filling, special dietary

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 10.0g: 1 cookie

Calories Factors: Protein 3.3

Fat 8.8

Carbohydrate 3.7

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

Cookies, chocolate sandwich, with extra creme filling

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	4.5		0	FLA	4		1.3	0.6	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	5.454		0	NC	4		1.546	0.709	
4:0.....g	0.000		1	A	1		0.000	0.000	
6:0.....g	0.000		1	A	1		0.000	0.000	
8:0.....g	0.000		1	A	1		0.000	0.000	
10:0.....g	0.000		1	A	1		0.000	0.000	
12:0.....g	0.000		1	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.021		1	A	1		0.006	0.003	
15:0.....g									
16:0.....g	2.774		1	A	1		0.786	0.361	
17:0.....g	0.029		1	A	1		0.008	0.004	
18:0.....g	2.436		1	A	1		0.691	0.317	
20:0.....g	0.099		1	A	1		0.028	0.013	
22:0.....g	0.095		1	A	1		0.027	0.012	
24:0.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	16.076		0	NC	4		4.558	2.090	
14:1.....g	0.000		1	A	1		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
16:1 c.....g	0.000		1	A	1		0.000	0.000	
16:1 t.....g									
17:1.....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated.....g	16.042		0	AS	1		4.548	2.085	
18:1 c.....g	8.300		1	A	1		2.353	1.079	
18:1-1lc (18:1c n-7).....g									
18:1 t.....g	7.743		1	A	1		2.195	1.007	
18:1-1lt (18:1t n-7).....g									
20:1.....g	0.034		1	A	1		0.010	0.004	
22:1 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
22:1 c.....g	0.000		1	A	1		0.000	0.000	
22:1 t.....g									
24:1 c.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	2.471		0	NC	4		0.700	0.321	
18:2 undifferentiated.....g	2.418		0	AS	1		0.685	0.314	
18:2 n-6 c,c.....g	1.668		1	A	1		0.473	0.217	
18:2 CLAs.....g	0.000		1	A	1		0.000	0.000	
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.750		1	A	1		0.213	0.097	
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.053		0	A	1		0.015	0.007	
18:3 n-3 c,c,c (ALA).....g	0.053		1	A	1		0.015	0.007	
18:3 n-6 c,c,c.....g									
18:3i.....g									
18:4.....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000	0.000	

NDB No. 18168

Cookies, chocolate sandwich, with extra creme filling

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Fatty acids, total trans.....g								
Fatty acids, total trans-monoenoic.....g	7.743		0	NC	4	2.195	1.007	
Fatty acids, total trans-polyenoic.....g	0.750		0	NC	4	0.213	0.097	
Cholesterol.....mg	0		0		4	0	0	
Phytosterols.....mg								
Stigmasterol.....mg	11		1	A	1	3	1	
Campesterol.....mg	13		1	A	1	4	2	
Beta-sitosterol.....mg	34		1	A	1	10	4	
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	
Caffeine.....mg	5		0	FLA	4	1	1	
Theobromine.....mg	169		0	FLA	4	48	22	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 13.0g: 1 cookie

Calories Factors: Protein 3.6

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18157
 Cookies, chocolate wafers

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	4.50	0.364	14		1		1.28	5.04	0.27
Energy.....kcal	433		0		4		123	485	26
Energy.....kJ	1812		0		4		514	2029	109
Protein (N x 5.7).....g	6.60	0.141	17		1		1.87	7.39	0.40
Total lipid (fat).....g	14.20	1.023	15		1		4.03	15.90	0.85
Ash.....g	2.00	0.115	14		1		0.57	2.24	0.12
Carbohydrate, by difference.....g	72.40		0		4		20.53	81.09	4.34
Fiber, total dietary.....g	3.4		0		4		1.0	3.8	0.2
Sugars, total.....g	29.66		0	FLA	4		8.41	33.22	1.78
Starch.....g									
Minerals:									
Calcium, Ca.....mg	31	1.049	16		1		9	35	2
Iron, Fe.....mg	4.01	0.225	17		1		1.14	4.49	0.24
Magnesium, Mg.....mg	53	2.847	13		1		15	59	3
Phosphorus, P.....mg	132	3.148	15		1		37	148	8
Potassium, K.....mg	210	11.881	16		1		60	235	13
Sodium, Na.....mg	690		0	LC	8		196	773	41
Zinc, Zn.....mg	1.09	0.034	15		1		0.31	1.22	0.07
Copper, Cu.....mg	0.463	0.036	13		1		0.131	0.519	0.028
Manganese, Mn.....mg	0.696	0.045	9		1		0.197	0.780	0.042
Selenium, Se.....µg	5.7		0	FLA	4		1.6	6.4	0.3
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	0.0
Thiamin.....mg	0.203	0.032	14		1		0.058	0.227	0.012
Riboflavin.....mg	0.266	0.018	17		1		0.075	0.298	0.016
Niacin.....mg	2.858	0.150	17		1		0.810	3.201	0.171
Pantothenic acid.....mg	0.381		0	FLA	4		0.108	0.427	0.023
Vitamin B-6.....mg	0.051		0	FLA	4		0.014	0.057	0.003
Folate, total.....µg	61		0	FLA	4		17	69	4
Folic acid.....µg	50		0		4		14	56	3
Folate, food.....µg	11		0		4		3	12	1
Folate, DFE.....mcg_DFE	96		0	NC	4		27	108	6
Choline, total.....mg	14.6		0	FLC	4		4.1	16.3	0.9
Betaine.....mg									
Vitamin B-12.....µg	0.09		0	FLA	4		0.03	0.10	0.01
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	3		0	NC	4		1	4	0
Retinol.....µg	3		0	FLA	4		1	4	0
Carotene, beta.....µg	0		0	FLA	4		0	0	0
Carotene, alpha.....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	0
Vitamin A, IU.....IU	12		0	NC	4		3	13	1
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	11		0	FLA	4		3	13	1
Vitamin E (alpha-tocopherol).....mg	0.72		0	FLA	4		0.20	0.81	0.04
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	2.4		0	FLA	4		0.7	2.7	0.1
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 18157
Cookies, chocolate wafers

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	4.241		0	FLA	4		1.202	4.750	0.254
4:0.....g	0.001		0	FLA	4		0.000	0.001	0.000
6:0.....g	0.011		0	FLA	4		0.003	0.012	0.001
8:0.....g	0.128		0	FLA	4		0.036	0.143	0.008
10:0.....g	0.102		0	FLA	4		0.029	0.114	0.006
12:0.....g	0.760		0	FLA	4		0.215	0.851	0.046
13:0.....g									
14:0.....g	0.305		0	FLA	4		0.086	0.342	0.018
15:0.....g									
16:0.....g	1.796		0	FLA	4		0.509	2.012	0.108
17:0.....g									
18:0.....g	1.125		0	FLA	4		0.319	1.260	0.068
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.865		0	FLA	4		1.379	5.449	0.292
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.048		0	FLA	4		0.014	0.054	0.003
17:1.....g									
18:1 undifferentiated.....g	4.807		0	FLA	4		1.363	5.384	0.288
20:1.....g	0.001		0	FLA	4		0.000	0.001	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.153		0	FLA	4		1.177	4.651	0.249
18:2 undifferentiated.....g	3.866		0	FLA	4		1.096	4.330	0.232
18:3 undifferentiated.....g	0.268		0	FLA	4		0.076	0.300	0.016
18:4.....g	0.001		0	FLA	4		0.000	0.001	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.006		0	FLA	4		0.002	0.007	0.000
20:5 n-3 (EPA).....g	0.003		0	FLA	4		0.001	0.003	0.000
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.002		0	FLA	4		0.001	0.002	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	2		1		1		1	2	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.096		0		1		0.027	0.108	0.006
Threonine.....g	0.220		0		1		0.062	0.246	0.013
Isoleucine.....g	0.261		0		1		0.074	0.292	0.016
Leucine.....g	0.447		0		1		0.127	0.501	0.027
Lysine.....g	0.281		0		1		0.080	0.315	0.017
Methionine.....g	0.105		0		1		0.030	0.118	0.006
Cystine.....g	0.127		0		1		0.036	0.142	0.008
Phenylalanine.....g	0.308		0		1		0.087	0.345	0.018
Tyrosine.....g	0.205		0		1		0.058	0.230	0.012
Valine.....g	0.323		0		1		0.092	0.362	0.019
Arginine.....g	0.286		0		1		0.081	0.320	0.017
Histidine.....g	0.128		0		1		0.036	0.143	0.008
Alanine.....g	0.238		0		1		0.067	0.267	0.014
Aspartic acid.....g	0.407		0		1		0.115	0.456	0.024
Glutamic acid.....g	1.753		0		1		0.497	1.963	0.105
Glycine.....g	0.236		0		1		0.067	0.264	0.014
Proline.....g	0.577		0		1		0.164	0.646	0.035
Serine.....g	0.335		0		1		0.095	0.375	0.020
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	7		0	FLA	4		2	8	0
Theobromine.....mg	223		0	FLA	4		63	250	13

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18157
Cookies, chocolate wafers

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Deriv	Source	Measure 1	Measure 2	Measure 3
			of Data	Code	Confidence			
			Points	Code	Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 28.35g: 1 oz
- Measure 2 = 112g: 1 cup, crumbs
- Measure 3 = 6.0g: 1 wafer

Calories Factors: Protein 3.5 Fat 8.9 Carbohydrate 3.9

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18169

Cookies, coconut macaroons, prepared from recipe

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	10.60		0		1		3.01	2.54	
Energy.....kcal	404		0	NC	4		115	97	
Energy.....kJ	1690		0		4		479	406	
Protein (N x 0).....g	3.60		0		1		1.02	0.86	
Total lipid (fat).....g	12.70		0		1		3.60	3.05	
Ash.....g	1.00		0		1		0.28	0.24	
Carbohydrate, by difference.....g	72.20		0	NC	4		20.47	17.33	
Fiber, total dietary.....g	1.8		0		4		0.5	0.4	
Sugars, total.....g	70.65		0	RA	4		20.03	16.96	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	7		0		1		2	2	
Iron, Fe.....mg	0.75		0		1		0.21	0.18	
Magnesium, Mg.....mg	21		0		1		6	5	
Phosphorus, P.....mg	43		0		1		12	10	
Potassium, K.....mg	156		0		1		44	37	
Sodium, Na.....mg	247		0		1		70	59	
Zinc, Zn.....mg	0.71		0		1		0.20	0.17	
Copper, Cu.....mg	0.143		0		1		0.041	0.034	
Manganese, Mn.....mg	0.947		0		1		0.268	0.227	
Selenium, Se.....µg	10.5		0	RK	4		3.0	2.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.011		0		1		0.003	0.003	
Riboflavin.....mg	0.110		0		1		0.031	0.026	
Niacin.....mg	0.130		0		1		0.037	0.031	
Pantothenic acid.....mg	0.270		0		1		0.077	0.065	
Vitamin B-6.....mg	0.099		0		1		0.028	0.024	
Folate, total.....µg	4		0	RK	4		1	1	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	4		0	RK	4		1	1	
Folate, DFE.....mcg_DFE	4		0	NC	4		1	1	
Choline, total.....mg	7.8		0	RA	4		2.2	1.9	
Betaine.....mg									
Vitamin B-12.....µg	0.03		0		1		0.01	0.01	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	RA	4		0	0	
Carotene, beta.....µg	0		0	RA	4		0	0	
Carotene, alpha.....µg	0		0	RA	4		0	0	
Cryptoxanthin, beta.....µg	0		0	RA	4		0	0	
Vitamin A, IU.....IU	0		0	NC	4		0	0	
Lycopene.....µg	0		0	RA	4		0	0	
Lutein + zeaxanthin.....µg	0		0	RA	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.15		0	RA	4		0.04	0.04	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.1		0	RA	4		0.0	0.0	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

Cookies, coconut macaroons, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	11.236		0		1		3.185	2.697	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.069		0		1		0.020	0.017	
8:0.....g	0.865		0		1		0.245	0.208	
10:0.....g	0.697		0		1		0.198	0.167	
12:0.....g	5.614		0		1		1.592	1.347	
13:0.....g									
14:0.....g	2.235		0		1		0.634	0.536	
15:0.....g									
16:0.....g	1.089		0		1		0.309	0.261	
17:0.....g									
18:0.....g	0.669		0		1		0.190	0.161	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.549		0		1		0.156	0.132	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.549		0		1		0.156	0.132	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.141		0		1		0.040	0.034	
18:2 undifferentiated.....g	0.141		0		1		0.040	0.034	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.041		0		1		0.012	0.010	
Threonine.....g	0.143		0		1		0.041	0.034	
Isoleucine.....g	0.171		0		1		0.048	0.041	
Leucine.....g	0.273		0		1		0.077	0.066	
Lysine.....g	0.203		0		1		0.058	0.049	
Methionine.....g	0.099		0		1		0.028	0.024	
Cystine.....g	0.081		0		1		0.023	0.019	
Phenylalanine.....g	0.188		0		1		0.053	0.045	
Tyrosine.....g	0.122		0		1		0.035	0.029	
Valine.....g	0.211		0		1		0.060	0.051	
Arginine.....g	0.303		0		1		0.086	0.073	
Histidine.....g	0.076		0		1		0.022	0.018	
Alanine.....g	0.187		0		1		0.053	0.045	
Aspartic acid.....g	0.338		0		1		0.096	0.081	
Glutamic acid.....g	0.552		0		1		0.156	0.132	
Glycine.....g	0.131		0		1		0.037	0.031	
Proline.....g	0.133		0		1		0.038	0.032	
Serine.....g	0.213		0		1		0.060	0.051	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		4		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18169

Cookies, coconut macaroons, prepared from recipe

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 24g: 1 cookie, medium (2" dia)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	16.50	0.305	26		1		4.68	7.10	2.64
Energy.....kcal	348		0	NC	4		99	150	56
Energy.....kJ	1456		0		4		413	626	233
Protein (N x 5.9).....g	3.70	0.075	29		1		1.05	1.59	0.59
Total lipid (fat).....g	7.30	0.285	31		1		2.07	3.14	1.17
Ash.....g	1.60	0.055	25		1		0.45	0.69	0.26
Carbohydrate, by difference.....g	70.90		0	NC	4		20.10	30.49	11.34
Fiber, total dietary.....g	4.6		0		1		1.3	2.0	0.7
Sugars, total.....g	46.36		0	FLA	4		13.14	19.93	7.42
Starch.....g									
Minerals:									
Calcium, Ca.....mg	64	3.985	28		1		18	28	10
Iron, Fe.....mg	2.90	0.129	29		1		0.82	1.25	0.46
Magnesium, Mg.....mg	27	0.820	25		1		8	12	4
Phosphorus, P.....mg	62	1.326	26		1		18	27	10
Potassium, K.....mg	207	9.247	26		1		59	89	33
Sodium, Na.....mg	350	21.427	27		1		99	151	56
Zinc, Zn.....mg	0.39	0.013	25		1		0.11	0.17	0.06
Copper, Cu.....mg	0.147	0.014	25		1		0.042	0.063	0.024
Manganese, Mn.....mg	0.343	0.012	21		1		0.097	0.147	0.055
Selenium, Se.....µg	3.3		2	A	1		0.9	1.4	0.5
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		0	FLA	4		0.1	0.1	0.0
Thiamin.....mg	0.158	0.009	26		1		0.045	0.068	0.025
Riboflavin.....mg	0.217	0.025	26		1		0.062	0.093	0.035
Niacin.....mg	1.874	0.184	32		1		0.531	0.806	0.300
Pantothenic acid.....mg	0.364	0.016	12		1		0.103	0.157	0.058
Vitamin B-6.....mg	0.075	0.002	10		1		0.021	0.032	0.012
Folate, total.....µg	35		0	FLA	4		10	15	6
Folic acid.....µg	25		0		4		7	11	4
Folate, food.....µg	10	0.166	8		1		3	4	2
Folate, DFE.....mcg_DFE	53		0	NC	4		15	23	8
Choline, total.....mg	14.6		0	FLC	4		4.1	6.3	2.3
Betaine.....mg									
Vitamin B-12.....µg	0.09		0	FLA	4		0.03	0.04	0.01
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	9		0	NC	4		3	4	2
Retinol.....µg	9		0	FLA	4		3	4	1
Carotene, beta.....µg	1		0	FLA	4		0	1	0
Carotene, alpha.....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	0
Vitamin A, IU.....IU	33		0	NC	4		9	14	5
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	8		0	FLA	4		2	3	1
Vitamin E (alpha-tocopherol).....mg	0.65		0	FLA	4		0.18	0.28	0.10
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	5.8		0	FLA	4		1.6	2.5	0.9
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.123		0	FLA	4		0.318	0.483	0.180
4:0.....g	0.002		0	FLA	4		0.001	0.001	0.000
6:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0.....g	0.001		0	FLA	4		0.000	0.000	0.000
12:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.013		0	FLA	4		0.004	0.006	0.002
15:0.....g									
16:0.....g	0.747		0	FLA	4		0.212	0.321	0.120
17:0.....g									
18:0.....g	0.355		0	FLA	4		0.101	0.153	0.057
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.003		0	FLA	4		0.851	1.291	0.480
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.029		0	FLA	4		0.008	0.012	0.005
17:1.....g									
18:1 undifferentiated.....g	2.966		0	FLA	4		0.841	1.275	0.475
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.772		0	FLA	4		0.786	1.192	0.444
18:2 undifferentiated.....g	2.583		0	FLA	4		0.732	1.111	0.413
18:3 undifferentiated.....g	0.182		0	FLA	4		0.052	0.078	0.029
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.046		0		1		0.013	0.020	0.007
Threonine.....g	0.113		0		1		0.032	0.049	0.018
Isoleucine.....g	0.132		0		1		0.037	0.057	0.021
Leucine.....g	0.224		0		1		0.064	0.096	0.036
Lysine.....g	0.140		0		1		0.040	0.060	0.022
Methionine.....g	0.053		0		1		0.015	0.023	0.008
Cystine.....g	0.073		0		1		0.021	0.031	0.012
Phenylalanine.....g	0.145		0		1		0.041	0.062	0.023
Tyrosine.....g	0.122		0		1		0.035	0.052	0.020
Valine.....g	0.155		0		1		0.044	0.067	0.025
Arginine.....g	0.121		0		1		0.034	0.052	0.019
Histidine.....g	0.067		0		1		0.019	0.029	0.011
Alanine.....g	0.148		0		1		0.042	0.064	0.024
Aspartic acid.....g	0.387		0		1		0.110	0.166	0.062
Glutamic acid.....g	0.914		0		1		0.259	0.393	0.146
Glycine.....g	0.122		0		1		0.035	0.052	0.020
Proline.....g	0.347		0		1		0.098	0.149	0.056
Serine.....g	0.189		0		1		0.054	0.081	0.030
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18170
Cookies, fig bars

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Deriv	Source	Measure 1	Measure 2	Measure 3
			of Data	Code	Confidence			
			Points	Code	Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 43g: 1 Figaroo (2 square halves)

Measure 3 = 16g: 1 cookie

Calories Factors: Protein 3.8

Fat 8.8

Carbohydrate 3.8

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	8.00		2		1		2.27	0.64	
Energy.....kcal	378		0	NC	4		107	30	
Energy.....kJ	1582		0		4		448	127	
Protein (N x 5.7).....g	4.20		2		1		1.19	0.34	
Total lipid (fat).....g	2.70	0.052	3		1		0.77	0.22	
Ash.....g	0.90	0.015	4		1		0.26	0.07	
Carbohydrate, by difference.....g	84.00		0	NC	4		23.81	6.72	
Fiber, total dietary.....g	1.6		0		1		0.5	0.1	
Sugars, total.....g	45.42		0	FLA	4		12.88	3.63	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	12		2		1		3	1	
Iron, Fe.....mg	1.44		2		1		0.41	0.12	
Magnesium, Mg.....mg	7		2		1		2	1	
Phosphorus, P.....mg	35		2		1		10	3	
Potassium, K.....mg	41		2		1		12	3	
Sodium, Na.....mg	274		2		1		78	22	
Zinc, Zn.....mg	0.17		2		1		0.05	0.01	
Copper, Cu.....mg	0.060		2		1		0.017	0.005	
Manganese, Mn.....mg	0.190		2		1		0.054	0.015	
Selenium, Se.....µg	2.9		0	FLA	4		0.8	0.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.182	0.005	8		1		0.052	0.015	
Riboflavin.....mg	0.130	0.004	8		1		0.037	0.010	
Niacin.....mg	1.840	0.117	8		1		0.522	0.147	
Pantothenic acid.....mg	0.297	0.008	8		1		0.084	0.024	
Vitamin B-6.....mg	0.013	0.000	8		1		0.004	0.001	
Folate, total.....µg	66		0	FLA	4		19	5	
Folic acid.....µg	56		0		4		16	4	
Folate, food.....µg	10	0.244	8		1		3	1	
Folate, DFE.....mcg_DFE	105		0	NC	4		30	8	
Choline, total.....mg	6.0		0	FLC	4		1.7	0.5	
Betaine.....mg									
Vitamin B-12.....µg	0.01		0	FLA	4		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		0	0	
Retinol.....µg	1		0	FLA	4		0	0	
Carotene, beta.....µg	0		0	FLA	4		0	0	
Carotene, alpha.....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	3		0	NC	4		1	0	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	3		0	FLA	4		1	0	
Vitamin E (alpha-tocopherol).....mg	0.03		0	FLA	4		0.01	0.00	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	1.1		0	FLA	4		0.3	0.1	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.669		0		1		0.190	0.054	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.012		0		1		0.003	0.001	
15:0.....g									
16:0.....g	0.378		0		1		0.107	0.030	
17:0.....g									
18:0.....g	0.276		0		1		0.078	0.022	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.345		0		1		0.381	0.108	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0		1		0.002	0.001	
17:1.....g									
18:1 undifferentiated.....g	1.337		0		1		0.379	0.107	
20:1.....g	0.001		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.466		0		1		0.132	0.037	
18:2 undifferentiated.....g	0.438		0		1		0.124	0.035	
18:3 undifferentiated.....g	0.024		0		1		0.007	0.002	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.003		0		1		0.001	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.001		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	2		0	FLA	4		1	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.061		0		1		0.017	0.005	
Threonine.....g	0.123		0		1		0.035	0.010	
Isoleucine.....g	0.165		0		1		0.047	0.013	
Leucine.....g	0.295		0		1		0.084	0.024	
Lysine.....g	0.157		0		1		0.045	0.013	
Methionine.....g	0.076		0		1		0.022	0.006	
Cystine.....g	0.093		0		1		0.026	0.007	
Phenylalanine.....g	0.203		0		1		0.058	0.016	
Tyrosine.....g	0.125		0		1		0.035	0.010	
Valine.....g	0.192		0		1		0.054	0.015	
Arginine.....g	0.168		0		1		0.048	0.013	
Histidine.....g	0.088		0		1		0.025	0.007	
Alanine.....g	0.135		0		1		0.038	0.011	
Aspartic acid.....g	0.193		0		1		0.055	0.015	
Glutamic acid.....g	1.359		0		1		0.385	0.109	
Glycine.....g	0.144		0		1		0.041	0.012	
Proline.....g	0.457		0		1		0.130	0.037	
Serine.....g	0.230		0		1		0.065	0.018	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18171
Cookies, fortune

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz
Measure 2 = 8.0g: 1 cookie

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18156

Cookies, fudge, cake-type (includes trolley cakes)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	11.80	0.225	35		1		3.35	2.48	
Energy.....kcal	349		0		4		99	73	
Energy.....kJ	1460				4		414	307	
Protein (N x 5.7).....g	5.00	0.064	35		1		1.42	1.05	
Total lipid (fat).....g	3.70	0.088	35		1		1.05	0.78	
Ash.....g	0.90	0.017	35		1		0.26	0.19	
Carbohydrate, by difference.....g	78.30		0	NC	4		22.20	16.44	
Fiber, total dietary.....g	2.8		0		4		0.8	0.6	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	34	0.646	38		1		10	7	
Iron, Fe.....mg	2.48	0.111	38		1		0.70	0.52	
Magnesium, Mg.....mg	32	1.423	7		1		9	7	
Phosphorus, P.....mg	83	1.230	38		1		24	17	
Potassium, K.....mg	138	2.026	37		1		39	29	
Sodium, Na.....mg	192	3.214	38		1		54	40	
Zinc, Zn.....mg	0.55	0.022	7		1		0.16	0.12	
Copper, Cu.....mg	0.291	0.038	7		1		0.082	0.061	
Manganese, Mn.....mg	0.322	0.015	6		1		0.091	0.068	
Selenium, Se.....µg	3.6		0	FLA	4		1.0	0.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.226	0.018	38		1		0.064	0.047	
Riboflavin.....mg	0.194	0.006	38		1		0.055	0.041	
Niacin.....mg	1.203	0.048	38		1		0.341	0.253	
Pantothenic acid.....mg	0.244		0	FLA	4		0.069	0.051	
Vitamin B-6.....mg	0.031		0	FLA	4		0.009	0.007	
Folate, total.....µg	43		0	FLA	4		12	9	
Folic acid.....µg	34		0	NC	4		10	7	
Folate, food.....µg	9		0		4		3	2	
Folate, DFE.....mcg_DFE	67		0	NC	4		19	14	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.08		0	FLA	4		0.02	0.02	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	2		0	FLA	4		1	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.112		0		1		0.315	0.234	
4:0.....g	0.000		0		1		0.000	0.000	

Cookies, fudge, cake-type (includes trolley cakes)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.002		0		1		0.001	0.000	
15:0.....g									
16:0.....g	0.548		0		1		0.155	0.115	
17:0.....g									
18:0.....g	0.545		0		1		0.155	0.114	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.813		0		1		0.514	0.381	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0		1		0.001	0.001	
17:1.....g									
18:1 undifferentiated.....g	1.807		0		1		0.512	0.379	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.466		0		1		0.132	0.098	
18:2 undifferentiated.....g	0.453		0		1		0.128	0.095	
18:3 undifferentiated.....g	0.013		0		1		0.004	0.003	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.055		0		1		0.016	0.012	
Threonine.....g	0.148		0		1		0.042	0.031	
Isoleucine.....g	0.174		0		1		0.049	0.037	
Leucine.....g	0.305		0		1		0.086	0.064	
Lysine.....g	0.225		0		1		0.064	0.047	
Methionine.....g	0.071		0		1		0.020	0.015	
Cystine.....g	0.067		0		1		0.019	0.014	
Phenylalanine.....g	0.207		0		1		0.059	0.043	
Tyrosine.....g	0.131		0		1		0.037	0.028	
Valine.....g	0.225		0		1		0.064	0.047	
Arginine.....g	0.269		0		1		0.076	0.056	
Histidine.....g	0.088		0		1		0.025	0.018	
Alanine.....g	0.263		0		1		0.075	0.055	
Aspartic acid.....g	0.314		0		1		0.089	0.066	
Glutamic acid.....g	1.162		0		1		0.329	0.244	
Glycine.....g	0.448		0		1		0.127	0.094	
Proline.....g	0.553		0		1		0.157	0.116	
Serine.....g	0.233		0		1		0.066	0.049	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18156

Cookies, fudge, cake-type (includes trolley cakes)

Measure 2 = 21g: 1 cookie

Calories Factors: Protein 3.6

Fat 8.7

Carbohydrate 3.8

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	5.30	0.283	23		1		1.50	0.37	1.70
Energy.....kcal	416		0	NC	4		118	29	133
Energy.....kJ	1741		0		4		493	122	557
Protein (N x 5.7).....g	5.60	0.117	25		1		1.59	0.39	1.79
Total lipid (fat).....g	9.80	0.219	25		1		2.78	0.69	3.14
Ash.....g	2.40	0.082	24		1		0.68	0.17	0.77
Carbohydrate, by difference.....g	76.90		0	NC	4		21.80	5.38	24.61
Fiber, total dietary.....g	2.2		0		1		0.6	0.2	0.7
Sugars, total.....g	19.92		0	FLA	4		5.65	1.39	6.37
Starch.....g									
Minerals:									
Calcium, Ca.....mg	77	4.415	24		1		22	5	25
Iron, Fe.....mg	6.40	0.301	24		1		1.81	0.45	2.05
Magnesium, Mg.....mg	49	2.470	23		1		14	3	16
Phosphorus, P.....mg	83	2.007	24		1		24	6	27
Potassium, K.....mg	346	20.574	22		1		98	24	111
Sodium, Na.....mg	558		0	LC	8		158	39	179
Zinc, Zn.....mg	0.55	0.031	23		1		0.16	0.04	0.18
Copper, Cu.....mg	0.305	0.025	22		1		0.086	0.021	0.098
Manganese, Mn.....mg	1.555	0.116	18		1		0.441	0.109	0.498
Selenium, Se.....µg	5.1		0	FLA	4		1.4	0.4	1.6
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.200	0.013	21		1		0.057	0.014	0.064
Riboflavin.....mg	0.293	0.014	24		1		0.083	0.021	0.094
Niacin.....mg	3.235	0.097	24		1		0.917	0.226	1.035
Pantothenic acid.....mg	0.380		0	FLA	4		0.108	0.027	0.122
Vitamin B-6.....mg	0.098		0	FLA	4		0.028	0.007	0.031
Folate, total.....µg	87		0	FLA	4		25	6	28
Folic acid.....µg	82		0		4		23	6	26
Folate, food.....µg	6		0		4		2	0	2
Folate, DFE.....mcg_DFE	145		0	NC	4		41	10	47
Choline, total.....mg	8.8		0	FLC	4		2.5	0.6	2.8
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....µg	0		0	FLA	4		0	0	0
Carotene, beta.....µg	1		0	FLA	4		0	0	0
Carotene, alpha.....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	0
Vitamin A, IU.....IU	2		0	NC	4		1	0	1
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	2		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.97		0	FLA	4		0.28	0.07	0.31
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	2.5		0	FLA	4		0.7	0.2	0.8
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Fatty acids, total saturated.....g	2.451		0	FLA	4		0.695	0.172	0.784
4:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0.....g	0.001		0	FLA	4		0.000	0.000	0.000
10:0.....g	0.002		0	FLA	4		0.001	0.000	0.001
12:0.....g	0.004		0	FLA	4		0.001	0.000	0.001
13:0.....g									
14:0.....g	0.048		0	FLA	4		0.014	0.003	0.015
15:0.....g									
16:0.....g	1.279		0	FLA	4		0.363	0.090	0.409
17:0.....g									
18:0.....g	1.111		0	FLA	4		0.315	0.078	0.356
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.365		0	FLA	4		1.521	0.376	1.717
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	FLA	4		0.001	0.000	0.001
17:1.....g									
18:1 undifferentiated.....g	5.363		0	FLA	4		1.520	0.375	1.716
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.372		0	FLA	4		0.389	0.096	0.439
18:2 undifferentiated.....g	1.298		0	FLA	4		0.368	0.091	0.415
18:3 undifferentiated.....g	0.073		0	FLA	4		0.021	0.005	0.023
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.080		0		1		0.023	0.006	0.026
Threonine.....g	0.155		0		1		0.044	0.011	0.050
Isoleucine.....g	0.212		0		1		0.060	0.015	0.068
Leucine.....g	0.380		0		1		0.108	0.027	0.122
Lysine.....g	0.195		0		1		0.055	0.014	0.062
Methionine.....g	0.094		0		1		0.027	0.007	0.030
Cystine.....g	0.120		0		1		0.034	0.008	0.038
Phenylalanine.....g	0.263		0		1		0.075	0.018	0.084
Tyrosine.....g	0.159		0		1		0.045	0.011	0.051
Valine.....g	0.248		0		1		0.070	0.017	0.079
Arginine.....g	0.213		0		1		0.060	0.015	0.068
Histidine.....g	0.114		0		1		0.032	0.008	0.036
Alanine.....g	0.169		0		1		0.048	0.012	0.054
Aspartic acid.....g	0.248		0		1		0.070	0.017	0.079
Glutamic acid.....g	1.825		0		1		0.517	0.128	0.584
Glycine.....g	0.189		0		1		0.054	0.013	0.060
Proline.....g	0.614		0		1		0.174	0.043	0.196
Serine.....g	0.292		0		1		0.083	0.020	0.093
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18172
Cookies, gingersnaps

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code						

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 7.0g: 1 cookie

Measure 3 = 32g: 1 large (approx 3-1/2" to 4" dia)

Calories Factors: Protein 4

Fat 8.8

Carbohydrate4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18174

Cookies, graham crackers, chocolate-coated

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.60	0.263	14		1		0.74	0.36	
Energy.....kcal	484		0		4		137	68	
Energy.....kJ	2025		0		4		574	284	
Protein (N x 5.9).....g	5.80	0.323	14		1		1.64	0.81	
Total lipid (fat).....g	23.20	1.139	14		1		6.58	3.25	
Ash.....g	1.80	0.249	14		1		0.51	0.25	
Carbohydrate, by difference.....g	66.50		0	NC	4		18.85	9.31	
Fiber, total dietary.....g	3.1		0		4		0.9	0.4	
Sugars, total.....g	41.56		0	FLA	4		11.78	5.82	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	58	14.374	14		1		16	8	
Iron, Fe.....mg	3.58	0.303	14		1		1.01	0.50	
Magnesium, Mg.....mg	58	8.217	13		1		16	8	
Phosphorus, P.....mg	134	8.182	13		1		38	19	
Potassium, K.....mg	209	18.789	13		1		59	29	
Sodium, Na.....mg	257		0	LC	8		73	36	
Zinc, Zn.....mg	0.97	0.107	13		1		0.27	0.14	
Copper, Cu.....mg	0.430	0.060	13		1		0.122	0.060	
Manganese, Mn.....mg	0.726	0.075	12		1		0.206	0.102	
Selenium, Se.....µg	14.2		0	FLA	4		4.0	2.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.144	0.014	14		1		0.041	0.020	
Riboflavin.....mg	0.212	0.018	14		1		0.060	0.030	
Niacin.....mg	2.176	0.137	14		1		0.617	0.305	
Pantothenic acid.....mg	0.245		0	FLA	4		0.069	0.034	
Vitamin B-6.....mg	0.074		0	FLA	4		0.021	0.010	
Folate, total.....µg	20		0	FLA	4		6	3	
Folic acid.....µg	10		0		4		3	1	
Folate, food.....µg	10		0		4		3	1	
Folate, DFE.....mcg_DFE	27		0	NC	4		8	4	
Choline, total.....mg	22.3		0	BFZN	4		6.3	3.1	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	5		0	NC	4		1	1	
Retinol.....µg	5		0	FLA	4		1	1	
Carotene, beta.....µg	1		0	FLA	4		0	0	
Carotene, alpha.....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	17		0	NC	4		5	2	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	38		0	FLA	4		11	5	
Vitamin E (alpha-tocopherol).....mg	0.27		0	FLA	4		0.08	0.04	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	4.7		0	FLA	4		1.3	0.7	
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	13.380		0	FLA	4		3.793	1.873	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.002		0	FLA	4		0.001	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.045		0	FLA	4		0.013	0.006	
13:0.....g									
14:0.....g	0.113		0	FLA	4		0.032	0.016	
15:0.....g									
16:0.....g	5.859		0	FLA	4		1.661	0.820	
17:0.....g									
18:0.....g	7.098		0	FLA	4		2.012	0.994	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.687		0	FLA	4		2.179	1.076	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.071		0	FLA	4		0.020	0.010	
17:1.....g									
18:1 undifferentiated.....g	7.623		0	FLA	4		2.161	1.067	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.038		0	FLA	4		0.294	0.145	
18:2 undifferentiated.....g	0.973		0	FLA	4		0.276	0.136	
18:3 undifferentiated.....g	0.064		0	FLA	4		0.018	0.009	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.073		0		1		0.021	0.010	
Threonine.....g	0.198		0		1		0.056	0.028	
Isoleucine.....g	0.250		0		1		0.071	0.035	
Leucine.....g	0.460		0		1		0.130	0.064	
Lysine.....g	0.226		0		1		0.064	0.032	
Methionine.....g	0.110		0		1		0.031	0.015	
Cystine.....g	0.087		0		1		0.025	0.012	
Phenylalanine.....g	0.301		0		1		0.085	0.042	
Tyrosine.....g	0.213		0		1		0.060	0.030	
Valine.....g	0.302		0		1		0.086	0.042	
Arginine.....g	0.211		0		1		0.060	0.030	
Histidine.....g	0.112		0		1		0.032	0.016	
Alanine.....g	0.196		0		1		0.056	0.027	
Aspartic acid.....g	0.356		0		1		0.101	0.050	
Glutamic acid.....g	1.623		0		1		0.460	0.227	
Glycine.....g	0.184		0		1		0.052	0.026	
Proline.....g	0.584		0		1		0.166	0.082	
Serine.....g	0.279		0		1		0.079	0.039	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	46		0	FLA	4		13	6	
Theobromine.....mg	363		0	FLA	4		103	51	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18174

Cookies, graham crackers, chocolate-coated

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 14.0g: 1 cracker (2-1/2" square)

Calories Factors: Protein 3.8

Fat 8.7

Carbohydrate 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18173

Cookies, graham crackers, plain or honey (includes cinnamon)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	4.40	0.128	67		1		1.25	3.70	0.62
Energy.....kcal	423		0	NC	4		120	355	59
Energy.....kJ	1770		0		4		502	1487	248
Protein (N x 5.7).....g	6.90	0.091	70		1		1.96	5.80	0.97
Total lipid (fat).....g	10.10	0.127	78		1		2.86	8.48	1.41
Ash.....g	1.80	0.039	74		1		0.51	1.51	0.25
Carbohydrate, by difference.....g	76.80		0	NC	4		21.77	64.51	10.75
Fiber, total dietary.....g	2.8		0		1		0.8	2.4	0.4
Sugars, total.....g	31.10		0	FLA	4		8.82	26.13	4.35
Starch.....g									
Minerals:									
Calcium, Ca.....mg	24	1.139	57		1		7	20	3
Iron, Fe.....mg	3.73	0.080	50		1		1.06	3.13	0.52
Magnesium, Mg.....mg	30	1.119	48		1		9	25	4
Phosphorus, P.....mg	104	2.614	47		1		29	87	15
Potassium, K.....mg	135	6.528	50		1		38	113	19
Sodium, Na.....mg	477		0	LC	8		135	401	67
Zinc, Zn.....mg	0.81	0.021	42		1		0.23	0.68	0.11
Copper, Cu.....mg	0.202	0.011	41		1		0.057	0.170	0.028
Manganese, Mn.....mg	0.804	0.026	35		1		0.228	0.675	0.113
Selenium, Se.....µg	10.2	0.886	11	A	1		2.9	8.6	1.4
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.222	0.017	62		1		0.063	0.186	0.031
Riboflavin.....mg	0.314	0.013	73		1		0.089	0.264	0.044
Niacin.....mg	4.122	0.096	67		1		1.169	3.462	0.577
Pantothenic acid.....mg	0.537	0.011	18		1		0.152	0.451	0.075
Vitamin B-6.....mg	0.065		2		1		0.018	0.055	0.009
Folate, total.....µg	46		0	FLA	4		13	38	6
Folic acid.....µg	29		0		4		8	24	4
Folate, food.....µg	17	1.350	18		1		5	14	2
Folate, DFE.....mcg_DFE	66		0	NC	4		19	56	9
Choline, total.....mg	22.3		0	A	1		6.3	18.7	3.1
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....µg	0		0	FLA	4		0	0	0
Carotene, beta.....µg	1		0	FLA	4		0	1	0
Carotene, alpha.....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	0
Vitamin A, IU.....IU	2		0	NC	4		1	2	0
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	61		0	FLA	4		17	52	9
Vitamin E (alpha-tocopherol).....mg	0.33		0	FLA	4		0.09	0.27	0.05
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	4.6		0	FLA	4		1.3	3.9	0.6
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.519		0	FLA	4		0.431	1.276	0.213
4:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0.....g	0.005		0	FLA	4		0.001	0.004	0.001
10:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
12:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.010		0	FLA	4		0.003	0.008	0.001
15:0.....g									
16:0.....g	1.029		0	FLA	4		0.292	0.864	0.144
17:0.....g									
18:0.....g	0.471		0	FLA	4		0.134	0.396	0.066
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.086		0	FLA	4		1.158	3.432	0.572
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.041		0	FLA	4		0.012	0.034	0.006
17:1.....g									
18:1 undifferentiated.....g	4.036		0	FLA	4		1.144	3.390	0.565
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.832		0	FLA	4		1.086	3.219	0.536
18:2 undifferentiated.....g	3.563		0	FLA	4		1.010	2.993	0.499
18:3 undifferentiated.....g	0.259		0	FLA	4		0.073	0.218	0.036
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0	FLA	4		0.000	0.001	0.000
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.233	9		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.091		0		1		0.026	0.076	0.013
Threonine.....g	0.191		0		1		0.054	0.160	0.027
Isoleucine.....g	0.243		0		1		0.069	0.204	0.034
Leucine.....g	0.475		0		1		0.135	0.399	0.067
Lysine.....g	0.162		0		1		0.046	0.136	0.023
Methionine.....g	0.119		0		1		0.034	0.100	0.017
Cystine.....g	0.150		0		1		0.043	0.126	0.021
Phenylalanine.....g	0.345		0		1		0.098	0.290	0.048
Tyrosine.....g	0.208		0		1		0.059	0.175	0.029
Valine.....g	0.287		0		1		0.081	0.241	0.040
Arginine.....g	0.292		0		1		0.083	0.245	0.041
Histidine.....g	0.155		0		1		0.044	0.130	0.022
Alanine.....g	0.227		0		1		0.064	0.191	0.032
Aspartic acid.....g	0.308		0		1		0.087	0.259	0.043
Glutamic acid.....g	2.301		0		1		0.652	1.933	0.322
Glycine.....g	0.256		0		1		0.073	0.215	0.036
Proline.....g	0.784		0		1		0.222	0.659	0.110
Serine.....g	0.341		0		1		0.097	0.286	0.048
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18173

Cookies, graham crackers, plain or honey (includes cinnamon)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 84g: 1 cup, crushed

Measure 3 = 14.0g: 1 large rectangular piece or 2 squares or 4 small rectangular pieces

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18175

Cookies, ladyfingers, with lemon juice and rind

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	19.50		0		1		5.53	2.54	4.68
Energy.....kcal	365		0	NC	4		103	47	88
Energy.....kJ	1527		0		4		433	199	367
Protein (N x 0).....g	10.60		0		1		3.01	1.38	2.54
Total lipid (fat).....g	9.10		0		1		2.58	1.18	2.18
Ash.....g	1.10		0		1		0.31	0.14	0.26
Carbohydrate, by difference.....g	59.70		0	NC	4		16.92	7.76	14.33
Fiber, total dietary.....g	1.0		0		4		0.3	0.1	0.2
Sugars, total.....g	25.39		0	FLC	4		7.20	3.30	6.09
Starch.....g									
Minerals:									
Calcium, Ca.....mg	47		0		1		13	6	11
Iron, Fe.....mg	3.58		0		1		1.01	0.47	0.86
Magnesium, Mg.....mg	12		0		1		3	2	3
Phosphorus, P.....mg	173		0		1		49	22	42
Potassium, K.....mg	113		0		1		32	15	27
Sodium, Na.....mg	147		0		1		42	19	35
Zinc, Zn.....mg	1.14		0		1		0.32	0.15	0.27
Copper, Cu.....mg	0.095		0		1		0.027	0.012	0.023
Manganese, Mn.....mg	0.240		0		1		0.068	0.031	0.058
Selenium, Se.....µg	21.1		0	FLA	4		6.0	2.7	5.1
Vitamins:									
Vitamin C, total ascorbic acid.....mg	3.7		0		1		1.0	0.5	0.9
Thiamin.....mg	0.284		0		1		0.081	0.037	0.068
Riboflavin.....mg	0.428		0		1		0.121	0.056	0.103
Niacin.....mg	2.104		0		1		0.596	0.274	0.505
Pantothenic acid.....mg	1.116		0		1		0.316	0.145	0.268
Vitamin B-6.....mg	0.122		0		1		0.035	0.016	0.029
Folate, total.....µg	60		0	FLC	4		17	8	14
Folic acid.....µg	23		0		4		7	3	6
Folate, food.....µg	37		0		1		10	5	9
Folate, DFE.....mcg_DFE	76		0	NC	4		22	10	18
Choline, total.....mg	92.0		0	RC	4		26.1	12.0	22.1
Betaine.....mg									
Vitamin B-12.....µg	0.75		0		1		0.21	0.10	0.18
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	3		0	NC	4		1	0	1
Retinol.....µg	0		0	NR	4		0	0	0
Carotene, beta.....µg	22		0	FLC	4		6	3	5
Carotene, alpha.....µg	9		0	FLC	4		3	1	2
Cryptoxanthin, beta.....µg	8		0	FLC	4		2	1	2
Vitamin A, IU.....IU	50		0	NC	4		14	7	12
Lycopene.....µg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin.....µg	266		0	FLC	4		75	35	64
Vitamin E (alpha-tocopherol).....mg	0.63		0	FLC	4		0.18	0.08	0.15
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.6		0	RC	4		0.2	0.1	0.1
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	22		0	RC	4		6	3	5
Vitamin K (phylloquinone).....µg	0.2		0	FLC	4		0.1	0.0	0.1
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	3.069		0	FLA	4		0.870	0.399	0.737
4:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0.....g	0.003		0	FLA	4		0.001	0.000	0.001
10:0.....g	0.003		0	FLA	4		0.001	0.000	0.001
12:0.....g	0.003		0	FLA	4		0.001	0.000	0.001
13:0.....g									
14:0.....g	0.034		0	FLA	4		0.010	0.004	0.008
15:0.....g									
16:0.....g	2.209		0	FLA	4		0.626	0.287	0.530
17:0.....g									
18:0.....g	0.771		0	FLA	4		0.218	0.100	0.185
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.754		0	FLA	4		1.064	0.488	0.901
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.293		0	FLA	4		0.083	0.038	0.070
17:1.....g									
18:1 undifferentiated.....g	3.422		0	FLA	4		0.970	0.445	0.821
20:1.....g	0.027		0	FLA	4		0.008	0.004	0.007
22:1 undifferentiated.....g	0.003		0	FLA	4		0.001	0.000	0.001
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.422		0	FLA	4		0.403	0.185	0.341
18:2 undifferentiated.....g	1.206		0	FLA	4		0.342	0.157	0.289
18:3 undifferentiated.....g	0.038		0	FLA	4		0.011	0.005	0.009
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.139		0	FLA	4		0.040	0.018	0.033
20:5 n-3 (EPA).....g	0.004		0	FLA	4		0.001	0.000	0.001
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.036		0	FLA	4		0.010	0.005	0.009
Fatty acids, total trans.....g									
Cholesterol.....mg	221		0	FLA	4		63	29	53
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.133		0		1		0.038	0.017	0.032
Threonine.....g	0.467		0		1		0.132	0.061	0.112
Isoleucine.....g	0.516		0		1		0.146	0.067	0.124
Leucine.....g	0.861		0		1		0.244	0.112	0.207
Lysine.....g	0.679		0		1		0.192	0.088	0.163
Methionine.....g	0.268		0		1		0.076	0.035	0.064
Cystine.....g	0.224		0		1		0.064	0.029	0.054
Phenylalanine.....g	0.511		0		1		0.145	0.066	0.123
Tyrosine.....g	0.408		0		1		0.116	0.053	0.098
Valine.....g	0.579		0		1		0.164	0.075	0.139
Arginine.....g	0.610		0		1		0.173	0.079	0.146
Histidine.....g	0.248		0		1		0.070	0.032	0.060
Alanine.....g	0.502		0		1		0.142	0.065	0.120
Aspartic acid.....g	0.888		0		1		0.252	0.115	0.213
Glutamic acid.....g	1.920		0		1		0.544	0.250	0.461
Glycine.....g	0.346		0		1		0.098	0.045	0.083
Proline.....g	0.625		0		1		0.177	0.081	0.150
Serine.....g	0.761		0		1		0.216	0.099	0.183
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0	0
Theobromine.....mg	0		0	FLC	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18175

Cookies, ladyfingers, with lemon juice and rind

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 13.0g: 1 anisette sponge (4" x 1-1/8" x 7/8")

Measure 3 = 24g: 1 breakfast treat (approx 4" x 2" x 7/8")

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g			0		1		0.001	0.000	0.001
8:0.....g	0.003		0		1		0.001	0.000	0.001
10:0.....g	0.003		0		1		0.001	0.000	0.001
12:0.....g	0.003		0		1		0.001	0.000	0.001
13:0.....g									
14:0.....g	0.038		0	BFZN	4		0.011	0.005	0.009
15:0.....g									
16:0.....g	2.503		0	BFZN	4		0.710	0.325	0.601
17:0.....g									
18:0.....g	0.873		0	BFZN	4		0.247	0.113	0.210
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.253		0	BFZN	4		1.206	0.553	1.021
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.332		0	BFZN	4		0.094	0.043	0.080
17:1.....g									
18:1 undifferentiated.....g	3.877		0	BFZN	4		1.099	0.504	0.930
20:1.....g	0.031		0	BFZN	4		0.009	0.004	0.007
22:1 undifferentiated.....g	0.003		0		1		0.001	0.000	0.001
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.611		0	BFZN	4		0.457	0.209	0.387
18:2 undifferentiated.....g	1.366		0	BFZN	4		0.387	0.178	0.328
18:3 undifferentiated.....g	0.043		0	BFZN	4		0.012	0.006	0.010
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.158		0	BFZN	4		0.045	0.021	0.038
20:5 n-3 (EPA).....g	0.004		0	BFZN	4		0.001	0.001	0.001
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g	0.041		0	BFZN	4		0.012	0.005	0.010
Fatty acids, total trans.....g									
Cholesterol.....mg	221		0	BFZN	4		63	29	53
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.133		0		1		0.038	0.017	0.032
Threonine.....g	0.467		0		1		0.132	0.061	0.112
Isoleucine.....g	0.516		0		1		0.146	0.067	0.124
Leucine.....g	0.861		0		1		0.244	0.112	0.207
Lysine.....g	0.679		0		1		0.192	0.088	0.163
Methionine.....g	0.268		0		1		0.076	0.035	0.064
Cystine.....g	0.224		0		1		0.064	0.029	0.054
Phenylalanine.....g	0.511		0		1		0.145	0.066	0.123
Tyrosine.....g	0.408		0		1		0.116	0.053	0.098
Valine.....g	0.579		0		1		0.164	0.075	0.139
Arginine.....g	0.610		0		1		0.173	0.079	0.146
Histidine.....g	0.248		0		1		0.070	0.032	0.060
Alanine.....g	0.502		0		1		0.142	0.065	0.120
Aspartic acid.....g	0.888		0		1		0.252	0.115	0.213
Glutamic acid.....g	1.920		0		1		0.544	0.250	0.461
Glycine.....g	0.346		0		1		0.098	0.045	0.083
Proline.....g	0.625		0		1		0.177	0.081	0.150
Serine.....g	0.761		0		1		0.216	0.099	0.183
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18423

Cookies, ladyfingers, without lemon juice and rind

Measure 2 = 13.0g: 1 anisette sponge (4" x 1-1/8" x 7/8")

Measure 3 = 24g: 1 breakfast treat (approx 4" x 2" x 7/8")

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18176

Cookies, marshmallow, chocolate-coated (includes marshmallow pies)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	10.10	0.592	20		1		2.86	2.83	3.94
Energy.....kcal	421		0		4		119	118	164
Energy.....kJ	1761		0		4		499	493	687
Protein (N x 5.7).....g	4.00	0.123	20		1		1.13	1.12	1.56
Total lipid (fat).....g	16.90	0.578	20		1		4.79	4.73	6.59
Ash.....g	1.10	0.061	20		1		0.31	0.31	0.43
Carbohydrate, by difference.....g	67.70		0	NC	4		19.19	18.96	26.40
Fiber, total dietary.....g	2.0		0		4		0.6	0.6	0.8
Sugars, total.....g	44.80		0	FLA	4		12.70	12.54	17.47
Starch.....g									
Minerals:									
Calcium, Ca.....mg	46	3.554	21		1		13	13	18
Iron, Fe.....mg	2.53	0.268	18		1		0.72	0.71	0.99
Magnesium, Mg.....mg	36	3.794	21		1		10	10	14
Phosphorus, P.....mg	97	3.615	21		1		27	27	38
Potassium, K.....mg	182	5.627	21		1		52	51	71
Sodium, Na.....mg	168	6.125	21		1		48	47	66
Zinc, Zn.....mg	0.65	0.079	18		1		0.18	0.18	0.25
Copper, Cu.....mg	0.262	0.039	18		1		0.074	0.073	0.102
Manganese, Mn.....mg	0.285	0.037	17		1		0.081	0.080	0.111
Selenium, Se.....µg	4.4		0	FLA	4		1.2	1.2	1.7
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	FLA	4		0.0	0.0	0.0
Thiamin.....mg	0.093	0.007	17		1		0.026	0.026	0.036
Riboflavin.....mg	0.208	0.013	20		1		0.059	0.058	0.081
Niacin.....mg	0.784	0.132	17		1		0.222	0.220	0.306
Pantothenic acid.....mg	0.476		0	FLA	4		0.135	0.133	0.186
Vitamin B-6.....mg	0.062		0	FLA	4		0.018	0.017	0.024
Folate, total.....µg	23		0	FLA	4		7	7	9
Folic acid.....µg	20		0		4		6	6	8
Folate, food.....µg	4		0		4		1	1	2
Folate, DFE.....mcg_DFE	38		0	NC	4		11	11	15
Choline, total.....mg	13.6		0	FLC	4		3.8	3.8	5.3
Betaine.....mg									
Vitamin B-12.....µg	0.17		0	FLA	4		0.05	0.05	0.07
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		0	0	1
Retinol.....µg	1		0	FLA	4		0	0	1
Carotene, beta.....µg	0		0	FLA	4		0	0	0
Carotene, alpha.....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	0
Vitamin A, IU.....IU	5		0	NC	4		1	1	2
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	3		0	FLA	4		1	1	1
Vitamin E (alpha-tocopherol).....mg	0.14		0	FLA	4		0.04	0.04	0.05
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	7.0		0	FLA	4		2.0	2.0	2.7
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Cookies, marshmallow, chocolate-coated (includes marshmallow pies)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	4.722		0	FLA	4		1.339	1.322	1.842
4:0.....g	0.004		0	FLA	4		0.001	0.001	0.002
6:0.....g	0.001		0	FLA	4		0.000	0.000	0.000
8:0.....g	0.001		0	FLA	4		0.000	0.000	0.000
10:0.....g	0.001		0	FLA	4		0.000	0.000	0.000
12:0.....g	0.001		0	FLA	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.086		0	FLA	4		0.024	0.024	0.034
15:0.....g									
16:0.....g	2.367		0	FLA	4		0.671	0.663	0.923
17:0.....g									
18:0.....g	2.249		0	FLA	4		0.638	0.630	0.877
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	9.345		0	FLA	4		2.649	2.617	3.645
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	FLA	4		0.001	0.001	0.001
17:1.....g									
18:1 undifferentiated.....g	9.341		0	FLA	4		2.648	2.615	3.643
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.943		0	FLA	4		0.551	0.544	0.758
18:2 undifferentiated.....g	1.847		0	FLA	4		0.524	0.517	0.720
18:3 undifferentiated.....g	0.096		0	FLA	4		0.027	0.027	0.037
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.036		0		1		0.010	0.010	0.014
Threonine.....g	0.128		0		1		0.036	0.036	0.050
Isoleucine.....g	0.127		0		1		0.036	0.036	0.050
Leucine.....g	0.225		0		1		0.064	0.063	0.088
Lysine.....g	0.197		0		1		0.056	0.055	0.077
Methionine.....g	0.049		0		1		0.014	0.014	0.019
Cystine.....g	0.043		0		1		0.012	0.012	0.017
Phenylalanine.....g	0.142		0		1		0.040	0.040	0.055
Tyrosine.....g	0.083		0		1		0.024	0.023	0.032
Valine.....g	0.170		0		1		0.048	0.048	0.066
Arginine.....g	0.242		0		1		0.069	0.068	0.094
Histidine.....g	0.059		0		1		0.017	0.017	0.023
Alanine.....g	0.265		0		1		0.075	0.074	0.103
Aspartic acid.....g	0.294		0		1		0.083	0.082	0.115
Glutamic acid.....g	0.742		0		1		0.210	0.208	0.289
Glycine.....g	0.487		0		1		0.138	0.136	0.190
Proline.....g	0.442		0		1		0.125	0.124	0.172
Serine.....g	0.172		0		1		0.049	0.048	0.067
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	5		0	FLA	4		1	1	2
Theobromine.....mg	159		0	FLA	4		45	45	62

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18176

Cookies, marshmallow, chocolate-coated (includes marshmallow pies)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 28g: 1 Fudge Marshmallow

Measure 3 = 39g: 1 pie, marshmallow (3" dia x 3/4")

Calories Factors: Protein 3.6

Fat 8.8

Carbohydrate 3.8

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	5.80	0.448	14		1		1.64	1.86	0.87
Energy.....kcal	430		0	NC	4		122	138	65
Energy.....kJ	1799		0		4		510	576	270
Protein (N x 5.7).....g	5.60	0.183	14		1		1.59	1.79	0.84
Total lipid (fat).....g	12.80	0.489	15		1		3.63	4.10	1.92
Ash.....g	2.00	0.081	15		1		0.57	0.64	0.30
Carbohydrate, by difference.....g	73.80		0	NC	4		20.92	23.62	11.07
Fiber, total dietary.....g	1.0		0		4		0.3	0.3	0.1
Sugars, total.....g	17.60		0	FLA	4		4.99	5.63	2.64
Starch.....g									
Minerals:									
Calcium, Ca.....mg	74	5.223	14		1		21	24	11
Iron, Fe.....mg	6.43	0.544	12		1		1.82	2.06	0.96
Magnesium, Mg.....mg	52	3.644	9		1		15	17	8
Phosphorus, P.....mg	95	5.257	10		1		27	30	14
Potassium, K.....mg	346	30.901	12		1		98	111	52
Sodium, Na.....mg	459	21.240	13		1		130	147	69
Zinc, Zn.....mg	0.45	0.038	9		1		0.13	0.14	0.07
Copper, Cu.....mg	0.373	0.043	7		1		0.106	0.119	0.056
Manganese, Mn.....mg	1.257	0.269	9		1		0.356	0.402	0.189
Selenium, Se.....µg	5.6		0	FLA	4		1.6	1.8	0.8
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.355	0.064	13		1		0.101	0.114	0.053
Riboflavin.....mg	0.264	0.014	14		1		0.075	0.084	0.040
Niacin.....mg	3.031	0.162	13		1		0.859	0.970	0.455
Pantothenic acid.....mg	0.411		0	FLA	4		0.117	0.132	0.062
Vitamin B-6.....mg	0.104		0	FLA	4		0.029	0.033	0.016
Folate, total.....µg	89		0	FLA	4		25	28	13
Folic acid.....µg	82		0		4		23	26	12
Folate, food.....µg	7		0		4		2	2	1
Folate, DFE.....mcg_DFE	146		0	NC	4		42	47	22
Choline, total.....mg	8.4		0	FLC	4		2.4	2.7	1.3
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....µg	0		0	FLA	4		0	0	0
Carotene, beta.....µg	0		0	FLA	4		0	0	0
Carotene, alpha.....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	0
Vitamin A, IU.....IU	0		0	NC	4		0	0	0
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	2		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.11		0	FLA	4		0.03	0.04	0.02
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	5.5		0	FLA	4		1.5	1.7	0.8
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total saturated.....g	3.212		0	FLA	4		0.911	1.028	0.482
4:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
12:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.062		0	FLA	4		0.018	0.020	0.009
15:0.....g									
16:0.....g	1.666		0	FLA	4		0.472	0.533	0.250
17:0.....g									
18:0.....g	1.480		0	FLA	4		0.420	0.474	0.222
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.130		0	FLA	4		2.021	2.282	1.070
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	FLA	4		0.001	0.001	0.000
17:1.....g									
18:1 undifferentiated.....g	7.128		0	FLA	4		2.021	2.281	1.069
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.729		0	FLA	4		0.490	0.553	0.259
18:2 undifferentiated.....g	1.641		0	FLA	4		0.465	0.525	0.246
18:3 undifferentiated.....g	0.088		0	FLA	4		0.025	0.028	0.013
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.080		0		1		0.023	0.026	0.012
Threonine.....g	0.154		0		1		0.044	0.049	0.023
Isoleucine.....g	0.210		0		1		0.060	0.067	0.032
Leucine.....g	0.377		0		1		0.107	0.121	0.057
Lysine.....g	0.193		0		1		0.055	0.062	0.029
Methionine.....g	0.094		0		1		0.027	0.030	0.014
Cystine.....g	0.120		0		1		0.034	0.038	0.018
Phenylalanine.....g	0.263		0		1		0.075	0.084	0.039
Tyrosine.....g	0.158		0		1		0.045	0.051	0.024
Valine.....g	0.244		0		1		0.069	0.078	0.037
Arginine.....g	0.212		0		1		0.060	0.068	0.032
Histidine.....g	0.113		0		1		0.032	0.036	0.017
Alanine.....g	0.167		0		1		0.047	0.053	0.025
Aspartic acid.....g	0.238		0		1		0.067	0.076	0.036
Glutamic acid.....g	1.824		0		1		0.517	0.584	0.274
Glycine.....g	0.188		0		1		0.053	0.060	0.028
Proline.....g	0.614		0		1		0.174	0.196	0.092
Serine.....g	0.291		0		1		0.082	0.093	0.044
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18177
Cookies, molasses

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Deriv	Source	Measure 1	Measure 2	Measure 3
			of Data	Code	Confidence			
			Points	Code	Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 32g: 1 large (3-1/2" to 4" dia) (include Archway brand)

Measure 3 = 15.0g: 1 medium

Calories Factors: Protein 4

Fat 8.8

Carbohydrate4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18456

Cookies, oatmeal, commercially prepared, fat-free

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	12.50		1		1		3.54		
Energy.....kcal	326		0	NC	4		92		
Energy.....kJ	1364		0		4		387		
Protein (N x 5.8).....g	5.90		1		1		1.67		
Total lipid (fat).....g	1.50		1		1		0.43		
Ash.....g	1.50		1		1		0.43		
Carbohydrate, by difference.....g	78.60		0	NC	4		22.28		
Fiber, total dietary.....g	7.3		1		1		2.1		
Sugars, total.....g	41.90		0	FLA	4		11.88		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	40		1		1		11		
Iron, Fe.....mg	2.19		1		1		0.62		
Magnesium, Mg.....mg	35		1		1		10		
Phosphorus, P.....mg	105		1		1		30		
Potassium, K.....mg	212		1		1		60		
Sodium, Na.....mg	219		0	LC	8		62		
Zinc, Zn.....mg	0.64		1		1		0.18		
Copper, Cu.....mg	0.215		1		1		0.061		
Manganese, Mn.....mg	0.793		1		1		0.225		
Selenium, Se.....µg	8.0		0	FLA	4		2.3		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0		
Thiamin.....mg	0.142		1		1		0.040		
Riboflavin.....mg	0.241		1		1		0.068		
Niacin.....mg	1.193		1		1		0.338		
Pantothenic acid.....mg	0.364		1		1		0.103		
Vitamin B-6.....mg	0.065		1		1		0.018		
Folate, total.....µg	44		0	FLA	4		12		
Folic acid.....µg	38		0		4		11		
Folate, food.....µg	6		1		1		2		
Folate, DFE.....mcg_DFE	71		0	NC	4		20		
Choline, total.....mg	12.0		0	BFZN	4		3.4		
Betaine.....mg									
Vitamin B-12.....µg	0.00		1		1		0.00		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....µg	0		0	FLA	4		0		
Carotene, beta.....µg	0		0		7		0		
Carotene, alpha.....µg	0		0		7		0		
Cryptoxanthin, beta.....µg	0		0		7		0		
Vitamin A, IU.....IU	0		1		1		0		
Lycopene.....µg	0		0	FLA	4		0		
Lutein + zeaxanthin.....µg	34		0	FLA	4		10		
Vitamin E (alpha-tocopherol).....mg	0.16		0	FLA	4		0.04		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	1.3		0	FLA	4		0.4		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points					
Fatty acids, total saturated.....g	0.314		0	1		0.089		
4:0.....g	0.000		0	1		0.000		
6:0.....g	0.000		0	1		0.000		
8:0.....g	0.000		0	1		0.000		
10:0.....g	0.000		0	1		0.000		
12:0.....g	0.000		0	1		0.000		
13:0.....g								
14:0.....g	0.005		0	1		0.001		
15:0.....g								
16:0.....g	0.286		0	1		0.081		
17:0.....g								
18:0.....g	0.020		0	1		0.006		
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.388		0	1		0.110		
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.005		0	1		0.001		
17:1.....g								
18:1 undifferentiated.....g	0.384		0	1		0.109		
20:1.....g	0.000		0	1		0.000		
22:1 undifferentiated.....g	0.000		0	1		0.000		
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.635		0	1		0.180		
18:2 undifferentiated.....g	0.596		0	1		0.169		
18:3 undifferentiated.....g	0.039		0	1		0.011		
18:4.....g	0.000		0	1		0.000		
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	1		0.000		
20:5 n-3 (EPA).....g	0.000		0	1		0.000		
22:5 n-3 (DPA).....g	0.000		0	1		0.000		
22:6 n-3 (DHA).....g	0.000		0	1		0.000		
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	1		0		
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.080		0	1		0.023		
Threonine.....g	0.175		0	1		0.050		
Isoleucine.....g	0.218		0	1		0.062		
Leucine.....g	0.398		0	1		0.113		
Lysine.....g	0.213		0	1		0.060		
Methionine.....g	0.108		0	1		0.031		
Cystine.....g	0.131		0	1		0.037		
Phenylalanine.....g	0.280		0	1		0.079		
Tyrosine.....g	0.174		0	1		0.049		
Valine.....g	0.274		0	1		0.078		
Arginine.....g	0.300		0	1		0.085		
Histidine.....g	0.133		0	1		0.038		
Alanine.....g	0.223		0	1		0.063		
Aspartic acid.....g	0.360		0	1		0.102		
Glutamic acid.....g	1.691		0	1		0.479		
Glycine.....g	0.228		0	1		0.065		
Proline.....g	0.520		0	1		0.147		
Serine.....g	0.293		0	1		0.083		
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	4		0.0		
Caffeine.....mg	0		0	FLA	4	0		
Theobromine.....mg	0		0	FLA	4	0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18456

Cookies, oatmeal, commercially prepared, fat-free

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.8

Fat 8.4

Carbohydrate 3.7

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18178

Cookies, oatmeal, commercially prepared, regular

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	5.70	0.171	28		1		1.62	1.43	1.03
Energy.....kcal	450		0	NC	4		128	113	81
Energy.....kJ	1883		0		4		534	471	339
Protein (N x 5.8).....g	6.20	0.104	32		1		1.76	1.55	1.12
Total lipid (fat).....g	18.10	0.382	31		1		5.13	4.53	3.26
Ash.....g	1.40	0.032	28		1		0.40	0.35	0.25
Carbohydrate, by difference.....g	68.70		0	NC	4		19.48	17.18	12.37
Fiber, total dietary.....g	2.8		0		1		0.8	0.7	0.5
Sugars, total.....g	24.66		0	FLA	4		6.99	6.16	4.44
Starch.....g									
Minerals:									
Calcium, Ca.....mg	37	2.122	28		1		10	9	7
Iron, Fe.....mg	2.58	0.099	24		1		0.73	0.65	0.46
Magnesium, Mg.....mg	33	1.802	20		1		9	8	6
Phosphorus, P.....mg	138	6.038	24		1		39	35	25
Potassium, K.....mg	142	9.343	24		1		40	36	26
Sodium, Na.....mg	383	14.081	28		1		109	96	69
Zinc, Zn.....mg	0.79	0.036	18		1		0.22	0.20	0.14
Copper, Cu.....mg	0.134	0.007	16		1		0.038	0.034	0.024
Manganese, Mn.....mg	0.839	0.026	13		1		0.238	0.210	0.151
Selenium, Se.....µg	9.8	0.208	7	A	1		2.8	2.5	1.8
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.5		0	FLA	4		0.1	0.1	0.1
Thiamin.....mg	0.267	0.020	26		1		0.076	0.067	0.048
Riboflavin.....mg	0.230	0.014	26		1		0.065	0.058	0.041
Niacin.....mg	2.227	0.097	28		1		0.631	0.557	0.401
Pantothenic acid.....mg	0.386		0	FLA	4		0.109	0.097	0.069
Vitamin B-6.....mg	0.066		0	FLA	4		0.019	0.017	0.012
Folate, total.....µg	59		0	FLA	4		17	15	11
Folic acid.....µg	52		0		4		15	13	9
Folate, food.....µg	7		0		4		2	2	1
Folate, DFE.....mcg_DFE	95		0	NC	4		27	24	17
Choline, total.....mg	12.0		0	FLC	4		3.4	3.0	2.2
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	5		0	NC	4		2	1	1
Retinol.....µg	5		0	FLA	4		2	1	1
Carotene, beta.....µg	0		0	FLA	4		0	0	0
Carotene, alpha.....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	0
Vitamin A, IU.....IU	18		0	NC	4		5	5	3
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	31		0	FLA	4		9	8	6
Vitamin E (alpha-tocopherol).....mg	0.26		0	FLA	4		0.07	0.07	0.05
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	8.0		0	FLA	4		2.3	2.0	1.4
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points					
Fatty acids, total saturated.....g	4.519		0	FLA	4	1.281	1.130	0.813
4:0.....g	0.000		0	FLA	4	0.000	0.000	0.000
6:0.....g	0.000		0	FLA	4	0.000	0.000	0.000
8:0.....g	0.000		0	FLA	4	0.000	0.000	0.000
10:0.....g	0.000		0	FLA	4	0.000	0.000	0.000
12:0.....g	0.003		0	FLA	4	0.001	0.001	0.001
13:0.....g								
14:0.....g	0.086		0	FLA	4	0.024	0.022	0.015
15:0.....g								
16:0.....g	2.383		0	FLA	4	0.676	0.596	0.429
17:0.....g								
18:0.....g	2.031		0	FLA	4	0.576	0.508	0.366
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	10.025		0	FLA	4	2.842	2.506	1.805
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.003		0	FLA	4	0.001	0.001	0.001
17:1.....g								
18:1 undifferentiated.....g	10.022		0	FLA	4	2.841	2.506	1.804
20:1.....g	0.000		0	FLA	4	0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4	0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	2.543		0	FLA	4	0.721	0.636	0.458
18:2 undifferentiated.....g	2.413		0	FLA	4	0.684	0.603	0.434
18:3 undifferentiated.....g	0.129		0	FLA	4	0.037	0.032	0.023
18:4.....g	0.000		0	FLA	4	0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	FLA	4	0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	FLA	4	0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0	FLA	4	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	FLA	4	0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0		1	0	0	0
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.099		0		1	0.028	0.025	0.018
Threonine.....g	0.174		0		1	0.049	0.044	0.031
Isoleucine.....g	0.221		0		1	0.063	0.055	0.040
Leucine.....g	0.431		0		1	0.122	0.108	0.078
Lysine.....g	0.237		0		1	0.067	0.059	0.043
Methionine.....g	0.120		0		1	0.034	0.030	0.022
Cystine.....g	0.168		0		1	0.048	0.042	0.030
Phenylalanine.....g	0.295		0		1	0.084	0.074	0.053
Tyrosine.....g	0.202		0		1	0.057	0.051	0.036
Valine.....g	0.298		0		1	0.084	0.075	0.054
Arginine.....g	0.365		0		1	0.103	0.091	0.066
Histidine.....g	0.144		0		1	0.041	0.036	0.026
Alanine.....g	0.255		0		1	0.072	0.064	0.046
Aspartic acid.....g	0.452		0		1	0.128	0.113	0.081
Glutamic acid.....g	1.618		0		1	0.459	0.405	0.291
Glycine.....g	0.272		0		1	0.077	0.068	0.049
Proline.....g	0.476		0		1	0.135	0.119	0.086
Serine.....g	0.317		0		1	0.090	0.079	0.057
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4	0	0	0
Theobromine.....mg	0		0	FLA	4	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18178

Cookies, oatmeal, commercially prepared, regular

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code						

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 25g: 1 cookie, big (3-1/2" - 4" dia) (include Archway brand, Grandma brand)

Measure 3 = 18g: 1 large

Calories Factors: Protein 3.7

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18179

Cookies, oatmeal, commercially prepared, soft-type

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	11.00	0.505	5		1		3.12	1.65	
Energy.....kcal	409		0	NC	4		116	61	
Energy.....kJ	1711				4		485	257	
Protein (N x 5.9).....g	6.10	0.126	4		1		1.73	0.92	
Total lipid (fat).....g	14.70	0.475	4		1		4.17	2.21	
Ash.....g	2.40	0.148	4		1		0.68	0.36	
Carbohydrate, by difference.....g	65.70		0	NC	4		18.63	9.86	
Fiber, total dietary.....g	2.7		0		1		0.8	0.4	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	90	20.405	3		1		26	14	
Iron, Fe.....mg	2.79	0.765	3		1		0.79	0.42	
Magnesium, Mg.....mg	30	2.615	3		1		9	5	
Phosphorus, P.....mg	209	4.806	3		1		59	31	
Potassium, K.....mg	135	28.727	3		1		38	20	
Sodium, Na.....mg	349	43.247	3		1		99	52	
Zinc, Zn.....mg	0.44	0.081	3		1		0.12	0.07	
Copper, Cu.....mg	0.550	0.029	3		1		0.156	0.083	
Manganese, Mn.....mg	0.421	0.017	3		1		0.119	0.063	
Selenium, Se.....µg	10.5		0	FLA	4		3.0	1.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		0	FLA	4		0.1	0.0	
Thiamin.....mg	0.186	0.012	4		1		0.053	0.028	
Riboflavin.....mg	0.228	0.009	4		1		0.065	0.034	
Niacin.....mg	1.823	0.159	4		1		0.517	0.273	
Pantothenic acid.....mg	0.461		0	FLA	4		0.131	0.069	
Vitamin B-6.....mg	0.085		0	FLA	4		0.024	0.013	
Folate, total.....µg	34		0	FLA	4		10	5	
Folic acid.....µg	26		0	NC	4		7	4	
Folate, food.....µg	8		0		4		2	1	
Folate, DFE.....mcg_DFE	52		0	NC	4		15	8	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.01		0	FLA	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	5		0	NC	4		1	1	
Retinol.....µg	4		0	NC	4		1	1	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	32		0	FLA	4		9	5	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	3.630		0	FLA	4		1.029	0.545	
4:0.....g	0.000		0	FLA	4		0.000	0.000	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.005		0	FLA	4		0.001	0.001	
13:0.....g									
14:0.....g	0.068		0	FLA	4		0.019	0.010	
15:0.....g									
16:0.....g	1.956		0	FLA	4		0.555	0.293	
17:0.....g									
18:0.....g	1.581		0	FLA	4		0.448	0.237	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.988		0	FLA	4		2.265	1.198	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006		0	FLA	4		0.002	0.001	
17:1.....g									
18:1 undifferentiated.....g	7.981		0	FLA	4		2.263	1.197	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.204		0	FLA	4		0.625	0.331	
18:2 undifferentiated.....g	2.093		0	FLA	4		0.593	0.314	
18:3 undifferentiated.....g	0.109		0	FLA	4		0.031	0.016	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0	FLA	4		0.001	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	5		0	FLA	4		1	1	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.096		0		1		0.027	0.014	
Threonine.....g	0.193		0		1		0.055	0.029	
Isoleucine.....g	0.240		0		1		0.068	0.036	
Leucine.....g	0.450		0		1		0.128	0.068	
Lysine.....g	0.271		0		1		0.077	0.041	
Methionine.....g	0.130		0		1		0.037	0.020	
Cystine.....g	0.168		0		1		0.048	0.025	
Phenylalanine.....g	0.301		0		1		0.085	0.045	
Tyrosine.....g	0.213		0		1		0.060	0.032	
Valine.....g	0.314		0		1		0.089	0.047	
Arginine.....g	0.375		0		1		0.106	0.056	
Histidine.....g	0.142		0		1		0.040	0.021	
Alanine.....g	0.275		0		1		0.078	0.041	
Aspartic acid.....g	0.489		0		1		0.139	0.073	
Glutamic acid.....g	1.434		0		1		0.407	0.215	
Glycine.....g	0.268		0		1		0.076	0.040	
Proline.....g	0.416		0		1		0.118	0.062	
Serine.....g	0.337		0		1		0.096	0.051	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18179

Cookies, oatmeal, commercially prepared, soft-type

Measure 2 = 15.0g: 1 cookie

Calories Factors: Protein 3.8

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18200

Cookies, oatmeal, commercially prepared, special dietary

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	6.50		1		1		1.84	0.46	
Energy.....kcal	449		0	NC	4		127	31	
Energy.....kJ	1879		0		4		533	132	
Protein (N x 5.8).....g	4.80		1		1		1.36	0.34	
Total lipid (fat).....g	18.00		1		1		5.10	1.26	
Ash.....g	0.70		1		1		0.20	0.05	
Carbohydrate, by difference.....g	69.90		0	NC	4		19.82	4.89	
Fiber, total dietary.....g	2.9		0		4		0.8	0.2	
Sugars, total.....g	31.65		0	FLC	4		8.97	2.22	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	54		0	FLA	4		15	4	
Iron, Fe.....mg	4.07		0	FLA	4		1.15	0.28	
Magnesium, Mg.....mg	17		0	FLA	4		5	1	
Phosphorus, P.....mg	122		0	FLA	4		35	9	
Potassium, K.....mg	175		1		1		50	12	
Sodium, Na.....mg	406		0	LC	8		115	28	
Zinc, Zn.....mg	0.49		0	FLA	4		0.14	0.03	
Copper, Cu.....mg	0.151		0	FLA	4		0.043	0.011	
Manganese, Mn.....mg	0.640		0	FLA	4		0.181	0.045	
Selenium, Se.....µg	4.4		0	FLA	4		1.2	0.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		0	FLA	4		0.1	0.0	
Thiamin.....mg	0.460		0	FLA	4		0.130	0.032	
Riboflavin.....mg	0.211		0	FLA	4		0.060	0.015	
Niacin.....mg	3.236		0	FLA	4		0.917	0.227	
Pantothenic acid.....mg	0.285		0	FLA	4		0.081	0.020	
Vitamin B-6.....mg	0.026		0	FLA	4		0.007	0.002	
Folate, total.....µg	46		0	FLC	4		13	3	
Folic acid.....µg	39		0		4		11	3	
Folate, food.....µg	8		0		4		2	1	
Folate, DFE.....mcg_DFE	74		0	NC	4		21	5	
Choline, total.....mg	12.0		0	BFZN	4		3.4	0.8	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		0	0	
Retinol.....µg	0		0	FLC	4		0	0	
Carotene, beta.....µg	3		0	FLC	4		1	0	
Carotene, alpha.....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....µg	18		0	FLC	4		5	1	
Vitamin A, IU.....IU	19		0	NC	4		5	1	
Lycopene.....µg	2		0	FLC	4		1	0	
Lutein + zeaxanthin.....µg	49		0	FLC	4		14	3	
Vitamin E (alpha-tocopherol).....mg	1.52		0	FLC	4		0.43	0.11	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	7.0		0	FLC	4		2.0	0.5	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	2.693		0	FLA	4		0.763	0.189	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.001		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.019		0	FLA	4		0.005	0.001	
15:0.....g									
16:0.....g	1.798		0	FLA	4		0.510	0.126	
17:0.....g									
18:0.....g	0.867		0	FLA	4		0.246	0.061	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.550		0	FLA	4		2.140	0.529	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.071		0	FLA	4		0.020	0.005	
17:1.....g									
18:1 undifferentiated.....g	7.462		0	FLA	4		2.115	0.522	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.784		0	FLA	4		1.923	0.475	
18:2 undifferentiated.....g	6.303		0	FLA	4		1.787	0.441	
18:3 undifferentiated.....g	0.464		0	FLA	4		0.132	0.032	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.077		0		1		0.022	0.005	
Threonine.....g	0.137		0		1		0.039	0.010	
Isoleucine.....g	0.174		0		1		0.049	0.012	
Leucine.....g	0.337		0		1		0.096	0.024	
Lysine.....g	0.185		0		1		0.052	0.013	
Methionine.....g	0.093		0		1		0.026	0.007	
Cystine.....g	0.129		0		1		0.037	0.009	
Phenylalanine.....g	0.230		0		1		0.065	0.016	
Tyrosine.....g	0.157		0		1		0.045	0.011	
Valine.....g	0.232		0		1		0.066	0.016	
Arginine.....g	0.280		0		1		0.079	0.020	
Histidine.....g	0.112		0		1		0.032	0.008	
Alanine.....g	0.196		0		1		0.056	0.014	
Aspartic acid.....g	0.345		0		1		0.098	0.024	
Glutamic acid.....g	1.287		0		1		0.365	0.090	
Glycine.....g	0.210		0		1		0.060	0.015	
Proline.....g	0.383		0		1		0.109	0.027	
Serine.....g	0.250		0		1		0.071	0.018	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18200

Cookies, oatmeal, commercially prepared, special dietary

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 7.0g: 1 cookie, medium (1-5/8" dia)

Calories Factors: Protein 3.7

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18180
 Cookies, oatmeal, dry mix

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	5.30	0.091	26		1		1.50	26.29	
Energy.....kcal	462		0	NC	4		131	2292	
Energy.....kJ	1933				4		548	9588	
Protein (N x 5.8).....g	6.50	0.108	27		1		1.84	32.24	
Total lipid (fat).....g	19.20	0.198	27		1		5.44	95.23	
Ash.....g	1.70	0.022	27		1		0.48	8.43	
Carbohydrate, by difference.....g	67.30		0	NC	4		19.08	333.81	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	25	4.052	13		1		7	124	
Iron, Fe.....mg	2.22		1		1		0.63	11.01	
Magnesium, Mg.....mg	48		1		1		14	238	
Phosphorus, P.....mg	163	13.333	3		1		46	808	
Potassium, K.....mg	183	9.425	9		1		52	908	
Sodium, Na.....mg	473	33.867	9		1		134	2346	
Zinc, Zn.....mg	0.80		1		1		0.23	3.97	
Copper, Cu.....mg	0.200		1		1		0.057	0.992	
Manganese, Mn.....mg	1.230		0	FLA	4		0.349	6.101	
Selenium, Se.....µg	10.6		0	FLA	4		3.0	52.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	FLA	4		0.0	0.5	
Thiamin.....mg	0.142		0	FLA	4		0.040	0.704	
Riboflavin.....mg	0.140		1		1		0.040	0.694	
Niacin.....mg	1.300		1		1		0.369	6.448	
Pantothenic acid.....mg	0.457		0	FLA	4		0.130	2.267	
Vitamin B-6.....mg	0.042		0	FLA	4		0.012	0.208	
Folate, total.....µg	50		0	FLA	4		14	248	
Folic acid.....µg	39		0	NC	4		11	193	
Folate, food.....µg	11		0		4		3	55	
Folate, DFE.....mcg_DFE	77		0	NC	4		22	383	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		0	7	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	28		0	FLA	4		8	139	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	4.755		0	FLA	4		1.348	23.585	
4:0.....g	0.000		0	FLA	4		0.000	0.000	

NDB No. 18180
Cookies, oatmeal, dry mix

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.006		0	FLA	4		0.002	0.030	
13:0.....g									
14:0.....g	0.090		0	FLA	4		0.026	0.446	
15:0.....g									
16:0.....g	2.529		0	FLA	4		0.717	12.544	
17:0.....g									
18:0.....g	2.107		0	FLA	4		0.597	10.451	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	10.567		0	FLA	4		2.996	52.412	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0	FLA	4		0.001	0.020	
17:1.....g									
18:1 undifferentiated.....g	10.563		0	FLA	4		2.995	52.392	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.792		0	FLA	4		0.792	13.848	
18:2 undifferentiated.....g	2.656		0	FLA	4		0.753	13.174	
18:3 undifferentiated.....g	0.136		0	FLA	4		0.039	0.675	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.113		0		1		0.032	0.560	
Threonine.....g	0.183		0		1		0.052	0.908	
Isoleucine.....g	0.247		0		1		0.070	1.225	
Leucine.....g	0.486		0		1		0.138	2.411	
Lysine.....g	0.262		0		1		0.074	1.300	
Methionine.....g	0.119		0		1		0.034	0.590	
Cystine.....g	0.188		0		1		0.053	0.932	
Phenylalanine.....g	0.327		0		1		0.093	1.622	
Tyrosine.....g	0.226		0		1		0.064	1.121	
Valine.....g	0.332		0		1		0.094	1.647	
Arginine.....g	0.394		0		1		0.112	1.954	
Histidine.....g	0.145		0		1		0.041	0.719	
Alanine.....g	0.277		0		1		0.079	1.374	
Aspartic acid.....g	0.473		0		1		0.134	2.346	
Glutamic acid.....g	1.662		0		1		0.471	8.244	
Glycine.....g	0.304		0		1		0.086	1.508	
Proline.....g	0.494		0		1		0.140	2.450	
Serine.....g	0.335		0		1		0.095	1.662	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18180

Cookies, oatmeal, dry mix

Measure 2 = 496g: 1 package (17.5 oz)

Calories Factors: Protein 3.7

Fat 8.8

Carbohydrate4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18184

Cookies, oatmeal, prepared from recipe, with raisins

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	6.40		0		1		1.81	0.96	
Energy.....kcal	435		0	NC	4		123	65	
Energy.....kJ	1820		0		4		516	273	
Protein (N x 0).....g	6.50		0		1		1.84	0.98	
Total lipid (fat).....g	16.20		0		1		4.59	2.43	
Ash.....g	2.40		0		1		0.68	0.36	
Carbohydrate, by difference.....g	68.40		0	NC	4		19.39	10.26	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	100		0		1		28	15	
Iron, Fe.....mg	2.65		0		1		0.75	0.40	
Magnesium, Mg.....mg	42		0		1		12	6	
Phosphorus, P.....mg	161		0		1		46	24	
Potassium, K.....mg	239		0		1		68	36	
Sodium, Na.....mg	538		0		1		153	81	
Zinc, Zn.....mg	0.86		0		1		0.24	0.13	
Copper, Cu.....mg	0.181		0		1		0.051	0.027	
Manganese, Mn.....mg	0.987		0		1		0.280	0.148	
Selenium, Se.....µg	15.6		0	RK	4		4.4	2.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.5		0		1		0.1	0.1	
Thiamin.....mg	0.249		0		1		0.071	0.037	
Riboflavin.....mg	0.166		0		1		0.047	0.025	
Niacin.....mg	1.259		0		1		0.357	0.189	
Pantothenic acid.....mg	0.329		0		1		0.093	0.049	
Vitamin B-6.....mg	0.071		0		1		0.020	0.011	
Folate, total.....µg	30		0	RK	4		9	5	
Folic acid.....µg	19		0	NC	4		5	3	
Folate, food.....µg	11		0		1		3	2	
Folate, DFE.....mcg_DFE	43		0	NC	4		12	6	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.08		0		1		0.02	0.01	
Vitamin A, RAE.....mcg_RAE	143		0	NC	4		41	21	
Retinol.....µg	131		0	RK	4		37	20	
Carotene, beta.....µg	144		0		4		41	22	
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	677		0	NC	4		192	101	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	3.232		0		1		0.916	0.485	
4:0.....g	0.000		0		1		0.000	0.000	

Cookies, oatmeal, prepared from recipe, with raisins

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.004		0		1		0.001	0.001	
13:0.....g									
14:0.....g	0.041		0		1		0.012	0.006	
15:0.....g									
16:0.....g	2.072		0		1		0.587	0.311	
17:0.....g									
18:0.....g	1.098		0		1		0.311	0.165	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.888		0		1		1.953	1.033	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.025		0		1		0.007	0.004	
17:1.....g									
18:1 undifferentiated.....g	6.860		0		1		1.945	1.029	
20:1.....g	0.002		0		1		0.001	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.034		0		1		1.427	0.755	
18:2 undifferentiated.....g	4.800		0		1		1.361	0.720	
18:3 undifferentiated.....g	0.220		0		1		0.062	0.033	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.011		0		1		0.003	0.002	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.003		0		1		0.001	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	33		0		1		9	5	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.081		0		1		0.023	0.012	
Threonine.....g	0.217		0		1		0.062	0.033	
Isoleucine.....g	0.254		0		1		0.072	0.038	
Leucine.....g	0.466		0		1		0.132	0.070	
Lysine.....g	0.256		0		1		0.073	0.038	
Methionine.....g	0.135		0		1		0.038	0.020	
Cystine.....g	0.143		0		1		0.041	0.021	
Phenylalanine.....g	0.322		0		1		0.091	0.048	
Tyrosine.....g	0.213		0		1		0.060	0.032	
Valine.....g	0.322		0		1		0.091	0.048	
Arginine.....g	0.379		0		1		0.107	0.057	
Histidine.....g	0.155		0		1		0.044	0.023	
Alanine.....g	0.292		0		1		0.083	0.044	
Aspartic acid.....g	0.489		0		1		0.139	0.073	
Glutamic acid.....g	1.549		0		1		0.439	0.232	
Glycine.....g	0.254		0		1		0.072	0.038	
Proline.....g	0.446		0		1		0.126	0.067	
Serine.....g	0.310		0		1		0.088	0.047	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18184

Cookies, oatmeal, prepared from recipe, with raisins

Measure 2 = 15.0g: 1 cookie (2-5/8" dia)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18377

Cookies, oatmeal, prepared from recipe, without raisins

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	6.20		0		1		1.76	0.93	
Energy.....kcal	447		0	NC	4		127	67	
Energy.....kJ	1870				4		530	281	
Protein (N x 0).....g	6.80		0		1		1.93	1.02	
Total lipid (fat).....g	17.90		0		1		5.07	2.69	
Ash.....g	2.40		0		1		0.68	0.36	
Carbohydrate, by difference.....g	66.40		0	NC	4		18.82	9.96	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	105		0		1		30	16	
Iron, Fe.....mg	2.70		0		1		0.77	0.41	
Magnesium, Mg.....mg	43		0		1		12	6	
Phosphorus, P.....mg	167		0		1		47	25	
Potassium, K.....mg	182		0		1		52	27	
Sodium, Na.....mg	598		0		1		170	90	
Zinc, Zn.....mg	0.93		0		1		0.26	0.14	
Copper, Cu.....mg	0.168		0		1		0.048	0.025	
Manganese, Mn.....mg	1.061		0		1		0.301	0.159	
Selenium, Se.....µg	17.2		0	RK	4		4.9	2.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		0		1		0.1	0.0	
Thiamin.....mg	0.262		0		1		0.074	0.039	
Riboflavin.....mg	0.174		0		1		0.049	0.026	
Niacin.....mg	1.311		0		1		0.372	0.197	
Pantothenic acid.....mg	0.361		0		1		0.102	0.054	
Vitamin B-6.....mg	0.050		0		1		0.014	0.008	
Folate, total.....µg	33		0	RK	4		9	5	
Folic acid.....µg	21		0	NC	4		6	3	
Folate, food.....µg	12		0		1		3	2	
Folate, DFE.....mcg_DFE	48		0	NC	4		14	7	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.09		0		1		0.03	0.01	
Vitamin A, RAE.....mcg_RAE	160		0	NC	4		45	24	
Retinol.....µg	146		0	RK	4		41	22	
Carotene, beta.....µg	162		0	RK	4		46	24	
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	757		0	NC	4		215	113	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	3.581		0		1		1.015	0.537	
4:0.....g	0.000		0		1		0.000	0.000	

Cookies, oatmeal, prepared from recipe, without raisins

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.005		0		1		0.001	0.001	
13:0.....g									
14:0.....g	0.045		0		1		0.013	0.007	
15:0.....g									
16:0.....g	2.291		0		1		0.649	0.344	
17:0.....g									
18:0.....g	1.221		0		1		0.346	0.183	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.669		0		1		2.174	1.150	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.028		0		1		0.008	0.004	
17:1.....g									
18:1 undifferentiated.....g	7.638		0		1		2.165	1.146	
20:1.....g	0.002		0		1		0.001	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.589		0		1		1.584	0.838	
18:2 undifferentiated.....g	5.333		0		1		1.512	0.800	
18:3 undifferentiated.....g	0.241		0		1		0.068	0.036	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.012		0		1		0.003	0.002	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.003		0		1		0.001	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	36		0		1		10	5	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.088		0		1		0.025	0.013	
Threonine.....g	0.231		0		1		0.065	0.035	
Isoleucine.....g	0.280		0		1		0.079	0.042	
Leucine.....g	0.510		0		1		0.145	0.077	
Lysine.....g	0.276		0		1		0.078	0.041	
Methionine.....g	0.137		0		1		0.039	0.021	
Cystine.....g	0.153		0		1		0.043	0.023	
Phenylalanine.....g	0.351		0		1		0.100	0.053	
Tyrosine.....g	0.230		0		1		0.065	0.035	
Valine.....g	0.348		0		1		0.099	0.052	
Arginine.....g	0.392		0		1		0.111	0.059	
Histidine.....g	0.158		0		1		0.045	0.024	
Alanine.....g	0.308		0		1		0.087	0.046	
Aspartic acid.....g	0.496		0		1		0.141	0.074	
Glutamic acid.....g	1.643		0		1		0.466	0.246	
Glycine.....g	0.283		0		1		0.080	0.042	
Proline.....g	0.497		0		1		0.141	0.075	
Serine.....g	0.345		0		1		0.098	0.052	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18377

Cookies, oatmeal, prepared from recipe, without raisins

Measure 2 = 15.0g: 1 cookie (2-5/8" dia)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18182

Cookies, oatmeal, refrigerated dough

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	15.30	0.277	35		1		4.34	2.45	
Energy.....kcal	424		0	NC	4		120	68	
Energy.....kJ	1774				4		503	284	
Protein (N x 5.9).....g	5.40	0.108	34		1		1.53	0.86	
Total lipid (fat).....g	18.90	0.314	36		1		5.36	3.02	
Ash.....g	1.30	0.055	35		1		0.37	0.21	
Carbohydrate, by difference.....g	59.10		0	NC	4		16.75	9.46	
Fiber, total dietary.....g	2.5		0		4		0.7	0.4	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	31	1.478	26		1		9	5	
Iron, Fe.....mg	2.14	0.100	22		1		0.61	0.34	
Magnesium, Mg.....mg	28	1.284	17		1		8	4	
Phosphorus, P.....mg	104	3.531	18		1		29	17	
Potassium, K.....mg	147	15.432	18		1		42	24	
Sodium, Na.....mg	294	12.727	30		1		83	47	
Zinc, Zn.....mg	0.64	0.036	17		1		0.18	0.10	
Copper, Cu.....mg	0.110	0.010	16		1		0.031	0.018	
Manganese, Mn.....mg	0.765		0	FLA	4		0.217	0.122	
Selenium, Se.....µg	9.1		0	FLA	4		2.6	1.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.234	0.021	22		1		0.066	0.037	
Riboflavin.....mg	0.148	0.008	25		1		0.042	0.024	
Niacin.....mg	1.865	0.123	23		1		0.529	0.298	
Pantothenic acid.....mg	0.372		0	FLA	4		0.105	0.060	
Vitamin B-6.....mg	0.041		0	FLA	4		0.012	0.007	
Folate, total.....µg	35		0	FLA	4		10	6	
Folic acid.....µg	26		0	NC	4		7	4	
Folate, food.....µg	9		0		4		3	1	
Folate, DFE.....mcg_DFE	53		0	NC	4		15	9	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.04		0	FLA	4		0.01	0.01	
Vitamin A, RAE.....mcg_RAE	4		0	NC	4		1	1	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	70	9.073	6		1		20	11	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	4.751		0	FLA	4		1.347	0.760	
4:0.....g	0.000		0	FLA	4		0.000	0.000	

Cookies, oatmeal, refrigerated dough

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
6:0.....g	0.000		0	FLA	4	0.000	0.000
8:0.....g	0.000		0	FLA	4	0.000	0.000
10:0.....g	0.000		0	FLA	4	0.000	0.000
12:0.....g	0.003		0	FLA	4	0.001	0.000
13:0.....g							
14:0.....g	0.090		0	FLA	4	0.026	0.014
15:0.....g							
16:0.....g	2.509		0	FLA	4	0.711	0.401
17:0.....g							
18:0.....g	2.134		0	FLA	4	0.605	0.341
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	10.531		0	FLA	4	2.986	1.685
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.010		0	FLA	4	0.003	0.002
17:1.....g							
18:1 undifferentiated.....g	10.520		0	FLA	4	2.982	1.683
20:1.....g	0.001		0	FLA	4	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4	0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	2.592		0	FLA	4	0.735	0.415
18:2 undifferentiated.....g	2.458		0	FLA	4	0.697	0.393
18:3 undifferentiated.....g	0.126		0	FLA	4	0.036	0.020
18:4.....g	0.000		0	FLA	4	0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.005		0	FLA	4	0.001	0.001
20:5 n-3 (EPA).....g	0.001		0	FLA	4	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0	FLA	4	0.000	0.000
22:6 n-3 (DHA).....g	0.001		0	FLA	4	0.000	0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	24	1.980	15		1	7	4
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.088		0		1	0.025	0.014
Threonine.....g	0.177		0		1	0.050	0.028
Isoleucine.....g	0.227		0		1	0.064	0.036
Leucine.....g	0.414		0		1	0.117	0.066
Lysine.....g	0.257		0		1	0.073	0.041
Methionine.....g	0.122		0		1	0.035	0.020
Cystine.....g	0.153		0		1	0.043	0.024
Phenylalanine.....g	0.278		0		1	0.079	0.044
Tyrosine.....g	0.195		0		1	0.055	0.031
Valine.....g	0.291		0		1	0.082	0.047
Arginine.....g	0.334		0		1	0.095	0.053
Histidine.....g	0.125		0		1	0.035	0.020
Alanine.....g	0.255		0		1	0.072	0.041
Aspartic acid.....g	0.451		0		1	0.128	0.072
Glutamic acid.....g	1.206		0		1	0.342	0.193
Glycine.....g	0.241		0		1	0.068	0.039
Proline.....g	0.348		0		1	0.099	0.056
Serine.....g	0.305		0		1	0.086	0.049
Hydroxyproline.....g							
Others:							
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0
Caffeine.....mg							
Theobromine.....mg							

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18182

Cookies, oatmeal, refrigerated dough

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 16g: 1 portion, dough for 1 cookie

Calories Factors: Protein 3.8

Fat 8.8

Carbohydrate4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g			0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.102		0		4		0.029	0.012	
15:0.....g									
16:0.....g	2.871		0		4		0.814	0.345	
17:0.....g									
18:0.....g	2.365		0		4		0.670	0.284	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	11.729		0		4		3.325	1.407	
14:1.....g									
15:1.....g	0.015		0		4		0.004	0.002	
17:1.....g									
18:1 undifferentiated.....g	11.713		0		4		3.321	1.406	
20:1.....g	0.001		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.976		0		4		0.844	0.357	
18:2 undifferentiated.....g	2.818		0		4		0.799	0.338	
18:3 undifferentiated.....g	0.152		0		4		0.043	0.018	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.005		0		4		0.001	0.001	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g	0.001		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	26		0		4		7	3	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.098		0		4		0.028	0.012	
Threonine.....g	0.197		0		4		0.056	0.024	
Isoleucine.....g	0.252		0		4		0.071	0.030	
Leucine.....g	0.460		0		4		0.130	0.055	
Lysine.....g	0.286		0		4		0.081	0.034	
Methionine.....g	0.136		0		4		0.039	0.016	
Cystine.....g	0.170		0		4		0.048	0.020	
Phenylalanine.....g	0.309		0		4		0.088	0.037	
Tyrosine.....g	0.217		0		4		0.062	0.026	
Valine.....g	0.323		0		4		0.092	0.039	
Arginine.....g	0.371		0		4		0.105	0.045	
Histidine.....g	0.139		0		4		0.039	0.017	
Alanine.....g	0.284		0		4		0.081	0.034	
Aspartic acid.....g	0.501		0		4		0.142	0.060	
Glutamic acid.....g	1.340		0		4		0.380	0.161	
Glycine.....g	0.268		0		4		0.076	0.032	
Proline.....g	0.387		0		4		0.110	0.046	
Serine.....g	0.339		0		4		0.096	0.041	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18183

Cookies, oatmeal, refrigerated dough, baked

Measure 2 = 12.0g: 1 cookie

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18190

Cookies, peanut butter sandwich, regular

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.80	0.146	21		1		0.79	0.39	
Energy.....kcal	478		0	NC	4		136	67	
Energy.....kJ	2000		0		4		567	280	
Protein (N x 5.6).....g	8.80	0.171	21		1		2.49	1.23	
Total lipid (fat).....g	21.10	0.401	24		1		5.98	2.95	
Ash.....g	1.60	0.042	22		1		0.45	0.22	
Carbohydrate, by difference.....g	65.60		0	NC	4		18.60	9.18	
Fiber, total dietary.....g	1.9		0		4		0.5	0.3	
Sugars, total.....g	35.44		0	FLC	4		10.05	4.96	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	53	1.900	19		1		15	7	
Iron, Fe.....mg	2.60	0.060	19		1		0.74	0.36	
Magnesium, Mg.....mg	49	0.999	19		1		14	7	
Phosphorus, P.....mg	188	6.870	18		1		53	26	
Potassium, K.....mg	192	4.326	19		1		54	27	
Sodium, Na.....mg	368	8.869	19		1		104	52	
Zinc, Zn.....mg	1.06	0.019	19		1		0.30	0.15	
Copper, Cu.....mg	0.237	0.015	19		1		0.067	0.033	
Manganese, Mn.....mg	0.912	0.022	17		1		0.259	0.128	
Selenium, Se.....µg	7.7	1.570	3	A	1		2.2	1.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1	0.033	3		1		0.0	0.0	
Thiamin.....mg	0.325	0.015	17		1		0.092	0.046	
Riboflavin.....mg	0.263	0.013	18		1		0.075	0.037	
Niacin.....mg	3.739	0.088	19		1		1.060	0.523	
Pantothenic acid.....mg	0.915		0	FLA	4		0.259	0.128	
Vitamin B-6.....mg	0.139		0	FLA	4		0.039	0.019	
Folate, total.....µg	61		0	FLC	4		17	8	
Folic acid.....µg	46		0		4		13	6	
Folate, food.....µg	15		0		4		4	2	
Folate, DFE.....mcg_DFE	93		0	NC	4		26	13	
Choline, total.....mg	18.7		0	FLC	4		5.3	2.6	
Betaine.....mg									
Vitamin B-12.....µg	0.23		0	FLA	4		0.07	0.03	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		0	0	
Retinol.....µg	1		0	FLC	4		0	0	
Carotene, beta.....µg	0		0	FLC	4		0	0	
Carotene, alpha.....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLC	4		0	0	
Vitamin A, IU.....IU	4		0	NC	4		1	1	
Lycopene.....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....µg	7		0	FLC	4		2	1	
Vitamin E (alpha-tocopherol).....mg	1.87		0	FLC	4		0.53	0.26	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	3.9		0	FLC	4		1.1	0.6	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	4.995		0	FLA	4		1.416	0.699	
4:0.....g	0.006		0	FLA	4		0.002	0.001	
6:0.....g	0.001		0	FLA	4		0.000	0.000	
8:0.....g	0.001		0	FLA	4		0.000	0.000	
10:0.....g	0.002		0	FLA	4		0.001	0.000	
12:0.....g	0.006		0	FLA	4		0.002	0.001	
13:0.....g									
14:0.....g	0.107		0	FLA	4		0.030	0.015	
15:0.....g									
16:0.....g	2.649		0	FLA	4		0.751	0.371	
17:0.....g									
18:0.....g	1.980		0	FLA	4		0.561	0.277	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	11.191		0	FLA	4		3.173	1.567	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	11.126		0	FLA	4		3.154	1.558	
20:1.....g	0.059		0	FLA	4		0.017	0.008	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.795		0	FLA	4		1.076	0.531	
18:2 undifferentiated.....g	3.688		0	FLA	4		1.046	0.516	
18:3 undifferentiated.....g	0.107		0	FLA	4		0.030	0.015	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.044	3		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.110		0		1		0.031	0.015	
Threonine.....g	0.297		0		1		0.084	0.042	
Isoleucine.....g	0.341		0		1		0.097	0.048	
Leucine.....g	0.617		0		1		0.175	0.086	
Lysine.....g	0.352		0		1		0.100	0.049	
Methionine.....g	0.128		0		1		0.036	0.018	
Cystine.....g	0.164		0		1		0.046	0.023	
Phenylalanine.....g	0.442		0		1		0.125	0.062	
Tyrosine.....g	0.319		0		1		0.090	0.045	
Valine.....g	0.402		0		1		0.114	0.056	
Arginine.....g	0.716		0		1		0.203	0.100	
Histidine.....g	0.205		0		1		0.058	0.029	
Alanine.....g	0.341		0		1		0.097	0.048	
Aspartic acid.....g	0.791		0		1		0.224	0.111	
Glutamic acid.....g	2.206		0		1		0.625	0.309	
Glycine.....g	0.420		0		1		0.119	0.059	
Proline.....g	0.622		0		1		0.176	0.087	
Serine.....g	0.462		0		1		0.131	0.065	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18190

Cookies, peanut butter sandwich, regular

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Deriv	Source	Measure 1	Measure 2	Measure 3
			of Data	Code	Confidence			
			Points	Code	Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 14.0g: 1 cookie

Calories Factors: Protein 3.8

Fat 8.6

Carbohydrate4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18201

Cookies, peanut butter sandwich, special dietary

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.70		1		1		1.05	0.37	
Energy.....kcal	535		0	NC	4		152	54	
Energy.....kJ	2238				4		635	224	
Protein (N x 5.5).....g	10.00		1		1		2.84	1.00	
Total lipid (fat).....g	34.00		1		1		9.64	3.40	
Ash.....g	1.40		1		1		0.40	0.14	
Carbohydrate, by difference.....g	50.80		0	NC	4		14.40	5.08	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	43		0	FLA	4		12	4	
Iron, Fe.....mg	2.55		0	FLA	4		0.72	0.26	
Magnesium, Mg.....mg	51		0	FLA	4		14	5	
Phosphorus, P.....mg	154		0	FLA	4		44	15	
Potassium, K.....mg	294		1		1		83	29	
Sodium, Na.....mg	412		1		1		117	41	
Zinc, Zn.....mg	1.03		0	FLA	4		0.29	0.10	
Copper, Cu.....mg	0.267		0	FLA	4		0.076	0.027	
Manganese, Mn.....mg	0.705		0	FLA	4		0.200	0.071	
Selenium, Se.....µg	3.5		0	FLA	4		1.0	0.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.346		0	FLA	4		0.098	0.035	
Riboflavin.....mg	0.148		0	FLA	4		0.042	0.015	
Niacin.....mg	5.259		0	FLA	4		1.491	0.526	
Pantothenic acid.....mg	0.507		0	FLA	4		0.144	0.051	
Vitamin B-6.....mg	0.078		0	FLA	4		0.022	0.008	
Folate, total.....µg	54		0	FLA	4		15	5	
Folic acid.....µg	21		0	NC	4		6	2	
Folate, food.....µg	33		0		4		9	3	
Folate, DFE.....mcg_DFE	69		0	NC	4		19	7	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.01		0	FLA	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	4.937		0	FLA	4		1.400	0.494	
4:0.....g	0.000		0	FLA	4		0.000	0.000	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.028		0	FLA	4		0.008	0.003	
15:0.....g									
16:0.....g	3.426		0	FLA	4		0.971	0.343	
17:0.....g									
18:0.....g	1.335		0	FLA	4		0.378	0.134	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	15.391		0	FLA	4		4.363	1.539	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.087		0	FLA	4		0.025	0.009	
17:1.....g									
18:1 undifferentiated.....g	15.110		0	FLA	4		4.284	1.511	
20:1.....g	0.172		0	FLA	4		0.049	0.017	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	12.026		0	FLA	4		3.409	1.203	
18:2 undifferentiated.....g	11.454		0	FLA	4		3.247	1.145	
18:3 undifferentiated.....g	0.551		0	FLA	4		0.156	0.055	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.111		0		1		0.031	0.011	
Threonine.....g	0.334		0		1		0.095	0.033	
Isoleucine.....g	0.363		0		1		0.103	0.036	
Leucine.....g	0.668		0		1		0.189	0.067	
Lysine.....g	0.367		0		1		0.104	0.037	
Methionine.....g	0.109		0		1		0.031	0.011	
Cystine.....g	0.151		0		1		0.043	0.015	
Phenylalanine.....g	0.509		0		1		0.144	0.051	
Tyrosine.....g	0.379		0		1		0.107	0.038	
Valine.....g	0.429		0		1		0.122	0.043	
Arginine.....g	0.998		0		1		0.283	0.100	
Histidine.....g	0.243		0		1		0.069	0.024	
Alanine.....g	0.378		0		1		0.107	0.038	
Aspartic acid.....g	1.034		0		1		0.293	0.103	
Glutamic acid.....g	2.391		0		1		0.678	0.239	
Glycine.....g	0.538		0		1		0.153	0.054	
Proline.....g	0.607		0		1		0.172	0.061	
Serine.....g	0.505		0		1		0.143	0.051	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18201

Cookies, peanut butter sandwich, special dietary

Measure 2 = 10.0g: 1 cookie

Calories Factors: Protein 3.6

Fat 8.7

Carbohydrate4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18185

Cookies, peanut butter, commercially prepared, regular

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	6.10	0.648	6		1		1.73	0.92	
Energy.....kcal	477		0	NC	4		135	72	
Energy.....kJ	1996		0		4		566	299	
Protein (N x 5.6).....g	9.60	0.688	6		1		2.72	1.44	
Total lipid (fat).....g	23.60	0.682	6		1		6.69	3.54	
Ash.....g	1.80	0.054	5		1		0.51	0.27	
Carbohydrate, by difference.....g	58.90		0	NC	4		16.70	8.84	
Fiber, total dietary.....g	1.8		0		1		0.5	0.3	
Sugars, total.....g	31.83		0	FLC	4		9.02	4.77	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	35	6.467	6		1		10	5	
Iron, Fe.....mg	2.51	0.417	7		1		0.71	0.38	
Magnesium, Mg.....mg	45	0.743	5		1		13	7	
Phosphorus, P.....mg	86	12.021	5		1		24	13	
Potassium, K.....mg	167	24.641	5		1		47	25	
Sodium, Na.....mg	415	27.519	6		1		118	62	
Zinc, Zn.....mg	0.53	0.092	4		1		0.15	0.08	
Copper, Cu.....mg	0.200		1		1		0.057	0.030	
Manganese, Mn.....mg	0.280	0.032	3		1		0.079	0.042	
Selenium, Se.....µg	5.9	1.164	6	A	1		1.7	0.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.170	0.020	7		1		0.048	0.026	
Riboflavin.....mg	0.180	0.020	7		1		0.051	0.027	
Niacin.....mg	4.270	0.547	7		1		1.211	0.641	
Pantothenic acid.....mg	0.582		0	FLA	4		0.165	0.087	
Vitamin B-6.....mg	0.087		0	FLA	4		0.025	0.013	
Folate, total.....µg	72		0	FLC	4		20	11	
Folic acid.....µg	40		0		4		11	6	
Folate, food.....µg	32		0		4		9	5	
Folate, DFE.....mcg_DFE	100		0	NC	4		28	15	
Choline, total.....mg	15.8		0	FLC	4		4.5	2.4	
Betaine.....mg									
Vitamin B-12.....µg	0.04		0	FLA	4		0.01	0.01	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	3		0	NC	4		1	0	
Retinol.....µg	3		0	FLC	4		1	0	
Carotene, beta.....µg	1		0	FLC	4		0	0	
Carotene, alpha.....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLC	4		0	0	
Vitamin A, IU.....IU	10		0	NC	4		3	2	
Lycopene.....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....µg	14		0	FLC	4		4	2	
Vitamin E (alpha-tocopherol).....mg	2.20		0	FLC	4		0.62	0.33	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	4.4		0	FLC	4		1.2	0.7	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	4.485		0	FLA	4		1.271	0.673	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.057		0	FLA	4		0.016	0.009	
15:0.....g									
16:0.....g	2.772		0	FLA	4		0.786	0.416	
17:0.....g									
18:0.....g	1.504		0	FLA	4		0.426	0.226	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	12.368		0	FLA	4		3.506	1.855	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.013		0	FLA	4		0.004	0.002	
17:1.....g									
18:1 undifferentiated.....g	12.174		0	FLA	4		3.451	1.826	
20:1.....g	0.179		0	FLA	4		0.051	0.027	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.518		0	FLA	4		1.564	0.828	
18:2 undifferentiated.....g	5.440		0	FLA	4		1.542	0.816	
18:3 undifferentiated.....g	0.067		0	FLA	4		0.019	0.010	
18:4.....g	0.001		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.006		0	FLA	4		0.002	0.001	
20:5 n-3 (EPA).....g	0.003		0	FLA	4		0.001	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.002		0	FLA	4		0.001	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	1	0.010	3		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.110		0		1		0.031	0.017	
Threonine.....g	0.323		0		1		0.092	0.048	
Isoleucine.....g	0.363		0		1		0.103	0.054	
Leucine.....g	0.652		0		1		0.185	0.098	
Lysine.....g	0.380		0		1		0.108	0.057	
Methionine.....g	0.148		0		1		0.042	0.022	
Cystine.....g	0.160		0		1		0.045	0.024	
Phenylalanine.....g	0.485		0		1		0.137	0.073	
Tyrosine.....g	0.353		0		1		0.100	0.053	
Valine.....g	0.425		0		1		0.120	0.064	
Arginine.....g	0.852		0		1		0.242	0.128	
Histidine.....g	0.225		0		1		0.064	0.034	
Alanine.....g	0.370		0		1		0.105	0.056	
Aspartic acid.....g	0.922		0		1		0.261	0.138	
Glutamic acid.....g	2.271		0		1		0.644	0.341	
Glycine.....g	0.477		0		1		0.135	0.072	
Proline.....g	0.612		0		1		0.174	0.092	
Serine.....g	0.504		0		1		0.143	0.076	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18185

Cookies, peanut butter, commercially prepared, regular

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 15.0g: 1 cookie

Calories Factors: Protein 3.7

Fat 8.7

Carbohydrate4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.002		0		1		0.001	0.000	
13:0.....g									
14:0.....g	0.089		0		1		0.025	0.013	
15:0.....g									
16:0.....g	3.006		0		1		0.852	0.451	
17:0.....g									
18:0.....g	2.268		0		1		0.643	0.340	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	13.844		0	FLA	4		3.925	2.077	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	13.169		0		1		3.733	1.975	
20:1.....g	0.098		0		1		0.028	0.015	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.181		0	FLA	4		0.902	0.477	
18:2 undifferentiated.....g	4.243		0		1		1.203	0.636	
18:3 undifferentiated.....g	0.113		0		1		0.032	0.017	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.018		0		1		0.005	0.003	
20:5 n-3 (EPA).....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.063		0		1		0.018	0.009	
Threonine.....g	0.174		0		1		0.049	0.026	
Isoleucine.....g	0.200		0		1		0.057	0.030	
Leucine.....g	0.360		0		1		0.102	0.054	
Lysine.....g	0.201		0		1		0.057	0.030	
Methionine.....g	0.069		0		1		0.020	0.010	
Cystine.....g	0.087		0		1		0.025	0.013	
Phenylalanine.....g	0.268		0		1		0.076	0.040	
Tyrosine.....g	0.194		0		1		0.055	0.029	
Valine.....g	0.234		0		1		0.066	0.035	
Arginine.....g	0.461		0		1		0.131	0.069	
Histidine.....g	0.126		0		1		0.036	0.019	
Alanine.....g	0.196		0		1		0.056	0.029	
Aspartic acid.....g	0.488		0		1		0.138	0.073	
Glutamic acid.....g	1.329		0		1		0.377	0.199	
Glycine.....g	0.262		0		1		0.074	0.039	
Proline.....g	0.368		0		1		0.104	0.055	
Serine.....g	0.274		0		1		0.078	0.041	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18186

Cookies, peanut butter, commercially prepared, soft-type

Measure 2 = 15.0g: 1 cookie

Calories Factors: Protein 3.7

Fat 8.7

Carbohydrate 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18189

Cookies, peanut butter, prepared from recipe

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	5.90		0		1		1.67	1.18	
Energy.....kcal	475		0	NC	4		135	95	
Energy.....kJ	1987				4		563	397	
Protein (N x 0).....g	9.00		0		1		2.55	1.80	
Total lipid (fat).....g	23.80		0		1		6.75	4.76	
Ash.....g	2.00		0		1		0.57	0.40	
Carbohydrate, by difference.....g	58.90		0	NC	4		16.70	11.78	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	39		0		1		11	8	
Iron, Fe.....mg	2.23		0		1		0.63	0.45	
Magnesium, Mg.....mg	39		0		1		11	8	
Phosphorus, P.....mg	116		0		1		33	23	
Potassium, K.....mg	231		0		1		65	46	
Sodium, Na.....mg	518		0		1		147	104	
Zinc, Zn.....mg	0.82		0		1		0.23	0.16	
Copper, Cu.....mg	0.183		0		1		0.052	0.037	
Manganese, Mn.....mg	0.570		0		1		0.162	0.114	
Selenium, Se.....µg	14.8		0	RK	4		4.2	3.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0		1		0.0	0.0	
Thiamin.....mg	0.222		0		1		0.063	0.044	
Riboflavin.....mg	0.210		0		1		0.060	0.042	
Niacin.....mg	3.514		0		1		0.996	0.703	
Pantothenic acid.....mg	0.345		0		1		0.098	0.069	
Vitamin B-6.....mg	0.084		0		1		0.024	0.017	
Folate, total.....µg	55		0	RK	4		16	11	
Folic acid.....µg	37		0	NC	4		10	7	
Folate, food.....µg	18		0		1		5	4	
Folate, DFE.....mcg_DFE	81		0	NC	4		23	16	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.09		0		1		0.03	0.02	
Vitamin A, RAE.....mcg_RAE	137		0	NC	4		39	27	
Retinol.....µg	125		0		4		35	25	
Carotene, beta.....µg	138		0	RK	4		39	28	
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	647		0	NC	4		183	129	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	4.438		0		1		1.258	0.888	
4:0.....g	0.003		0		1		0.001	0.001	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.002		0		1		0.001	0.000	
8:0.....g	0.001		0		1		0.000	0.000	
10:0.....g	0.002		0		1		0.001	0.000	
12:0.....g	0.007		0		1		0.002	0.001	
13:0.....g									
14:0.....g	0.054		0		1		0.015	0.011	
15:0.....g									
16:0.....g	2.905		0		1		0.824	0.581	
17:0.....g									
18:0.....g	1.461		0		1		0.414	0.292	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	10.832		0		1		3.071	2.166	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.024		0		1		0.007	0.005	
17:1.....g									
18:1 undifferentiated.....g	10.684		0		1		3.029	2.137	
20:1.....g	0.123		0		1		0.035	0.025	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.223		0		1		2.048	1.445	
18:2 undifferentiated.....g	6.966		0		1		1.975	1.393	
18:3 undifferentiated.....g	0.207		0		1		0.059	0.041	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.047		0		1		0.013	0.009	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.003		0		1		0.001	0.001	
Fatty acids, total trans.....g									
Cholesterol.....mg	31		0		1		9	6	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.099		0		1		0.028	0.020	
Threonine.....g	0.299		0		1		0.085	0.060	
Isoleucine.....g	0.338		0		1		0.096	0.068	
Leucine.....g	0.623		0		1		0.177	0.125	
Lysine.....g	0.321		0		1		0.091	0.064	
Methionine.....g	0.149		0		1		0.042	0.030	
Cystine.....g	0.151		0		1		0.043	0.030	
Phenylalanine.....g	0.460		0		1		0.130	0.092	
Tyrosine.....g	0.332		0		1		0.094	0.066	
Valine.....g	0.395		0		1		0.112	0.079	
Arginine.....g	0.734		0		1		0.208	0.147	
Histidine.....g	0.216		0		1		0.061	0.043	
Alanine.....g	0.344		0		1		0.098	0.069	
Aspartic acid.....g	0.799		0		1		0.227	0.160	
Glutamic acid.....g	2.223		0		1		0.630	0.445	
Glycine.....g	0.425		0		1		0.120	0.085	
Proline.....g	0.643		0		1		0.182	0.129	
Serine.....g	0.469		0		1		0.133	0.094	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18189

Cookies, peanut butter, prepared from recipe

Measure 2 = 20g: 1 cookie (3" dia)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18187

Cookies, peanut butter, refrigerated dough

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	12.60	0.187	38		1		3.57	2.02	
Energy.....kcal	458		0	NC	4		130	73	
Energy.....kJ	1916				4		543	307	
Protein (N x 5.7).....g	8.20	0.171	38		1		2.32	1.31	
Total lipid (fat).....g	25.00	0.357	40		1		7.09	4.00	
Ash.....g	2.00	0.086	38		1		0.57	0.32	
Carbohydrate, by difference.....g	52.10		0	NC	4		14.77	8.34	
Fiber, total dietary.....g	1.1		0		4		0.3	0.2	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	101	8.905	34		1		29	16	
Iron, Fe.....mg	1.70	0.083	30		1		0.48	0.27	
Magnesium, Mg.....mg	37	1.046	22		1		10	6	
Phosphorus, P.....mg	241	7.821	23		1		68	39	
Potassium, K.....mg	308	31.025	26		1		87	49	
Sodium, Na.....mg	397	32.309	38		1		113	64	
Zinc, Zn.....mg	0.68	0.021	22		1		0.19	0.11	
Copper, Cu.....mg	0.151	0.006	22		1		0.043	0.024	
Manganese, Mn.....mg	0.326		0	FLA	4		0.092	0.052	
Selenium, Se.....µg	5.0		0	FLA	4		1.4	0.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	4		1		0.0	0.0	
Thiamin.....mg	0.191	0.025	15		1		0.054	0.031	
Riboflavin.....mg	0.186	0.012	8		1		0.053	0.030	
Niacin.....mg	4.143	0.186	30		1		1.175	0.663	
Pantothenic acid.....mg	0.379		0	FLA	4		0.107	0.061	
Vitamin B-6.....mg	0.142		0	FLA	4		0.040	0.023	
Folate, total.....µg	57		0	FLA	4		16	9	
Folic acid.....µg	45		0	NC	4		13	7	
Folate, food.....µg	12		0		4		3	2	
Folate, DFE.....mcg_DFE	89		0	NC	4		25	14	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.04		0	FLA	4		0.01	0.01	
Vitamin A, RAE.....mcg_RAE	14		0	NC	4		4	2	
Retinol.....µg	14		0	NC	4		4	2	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	47		1		1		13	8	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	5.791		0	FLA	4		1.642	0.927	
4:0.....g	0.000		0	FLA	4		0.000	0.000	

Cookies, peanut butter, refrigerated dough

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.005		0	FLA	4		0.001	0.001	
13:0.....g									
14:0.....g	0.115		0	FLA	4		0.033	0.018	
15:0.....g									
16:0.....g	3.083		0	FLA	4		0.874	0.493	
17:0.....g									
18:0.....g	2.205		0	FLA	4		0.625	0.353	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	13.124		0	FLA	4		3.721	2.100	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.013		0	FLA	4		0.004	0.002	
17:1.....g									
18:1 undifferentiated.....g	13.013		0	FLA	4		3.689	2.082	
20:1.....g	0.098		0	FLA	4		0.028	0.016	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.787		0	FLA	4		1.357	0.766	
18:2 undifferentiated.....g	4.677		0	FLA	4		1.326	0.748	
18:3 undifferentiated.....g	0.102		0	FLA	4		0.029	0.016	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.006		0	FLA	4		0.002	0.001	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.002		0	FLA	4		0.001	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	27	2.199	17		1		8	4	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.098		0		1		0.028	0.016	
Threonine.....g	0.278		0		1		0.079	0.044	
Isoleucine.....g	0.324		0		1		0.092	0.052	
Leucine.....g	0.571		0		1		0.162	0.091	
Lysine.....g	0.339		0		1		0.096	0.054	
Methionine.....g	0.129		0		1		0.037	0.021	
Cystine.....g	0.148		0		1		0.042	0.024	
Phenylalanine.....g	0.412		0		1		0.117	0.066	
Tyrosine.....g	0.292		0		1		0.083	0.047	
Valine.....g	0.378		0		1		0.107	0.060	
Arginine.....g	0.632		0		1		0.179	0.101	
Histidine.....g	0.190		0		1		0.054	0.030	
Alanine.....g	0.315		0		1		0.089	0.050	
Aspartic acid.....g	0.705		0		1		0.200	0.113	
Glutamic acid.....g	2.018		0		1		0.572	0.323	
Glycine.....g	0.370		0		1		0.105	0.059	
Proline.....g	0.582		0		1		0.165	0.093	
Serine.....g	0.450		0		1		0.128	0.072	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18187

Cookies, peanut butter, refrigerated dough

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 16g: 1 portion, dough for 1 cookie

Calories Factors: Protein 3.8

Fat 8.7

Carbohydrate4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18188

Cookies, peanut butter, refrigerated dough, baked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g			0		4		0.000	0.000	
8:0.....g	0.001		0		4		0.000	0.000	
10:0.....g	0.001		0		4		0.000	0.000	
12:0.....g	0.004		0		4		0.001	0.000	
13:0.....g									
14:0.....g	0.099		0		4		0.028	0.012	
15:0.....g									
16:0.....g	3.539		0		4		1.003	0.425	
17:0.....g									
18:0.....g	2.552		0		4		0.723	0.306	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	14.526		0		4		4.118	1.743	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.044		0		4		0.012	0.005	
17:1.....g									
18:1 undifferentiated.....g	14.372		0		4		4.074	1.725	
20:1.....g	0.110		0		4		0.031	0.013	
22:1 undifferentiated.....g	0.001		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.889		0		4		1.386	0.587	
18:2 undifferentiated.....g	4.700		0		4		1.332	0.564	
18:3 undifferentiated.....g	0.131		0		4		0.037	0.016	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.052		0		4		0.015	0.006	
20:5 n-3 (EPA).....g	0.001		0		4		0.000	0.000	
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g	0.005		0		4		0.001	0.001	
Fatty acids, total trans.....g									
Cholesterol.....mg	30		0		4		9	4	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.108		0		4		0.031	0.013	
Threonine.....g	0.305		0		4		0.086	0.037	
Isoleucine.....g	0.356		0		4		0.101	0.043	
Leucine.....g	0.628		0		4		0.178	0.075	
Lysine.....g	0.372		0		4		0.105	0.045	
Methionine.....g	0.141		0		4		0.040	0.017	
Cystine.....g	0.162		0		4		0.046	0.019	
Phenylalanine.....g	0.453		0		4		0.128	0.054	
Tyrosine.....g	0.321		0		4		0.091	0.039	
Valine.....g	0.415		0		4		0.118	0.050	
Arginine.....g	0.695		0		4		0.197	0.083	
Histidine.....g	0.208		0		4		0.059	0.025	
Alanine.....g	0.347		0		4		0.098	0.042	
Aspartic acid.....g	0.774		0		4		0.219	0.093	
Glutamic acid.....g	2.218		0		4		0.629	0.266	
Glycine.....g	0.407		0		4		0.115	0.049	
Proline.....g	0.639		0		4		0.181	0.077	
Serine.....g	0.494		0		4		0.140	0.059	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18188

Cookies, peanut butter, refrigerated dough, baked

Measure 2 = 12.0g: 1 cookie

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	13.10	1.368	4		1		3.71	1.97	
Energy.....kcal	401		0	NC	4		114	60	
Energy.....kJ	1678		0		4		476	252	
Protein (N x 5.9).....g	4.10	0.473	4		1		1.16	0.62	
Total lipid (fat).....g	13.60	1.300	4		1		3.86	2.04	
Ash.....g	1.20	0.039	4		1		0.34	0.18	
Carbohydrate, by difference.....g	68.00		0	NC	4		19.28	10.20	
Fiber, total dietary.....g	1.2		0		4		0.3	0.2	
Sugars, total.....g	47.56		0	FLC	4		13.48	7.13	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	46	9.820	4		1		13	7	
Iron, Fe.....mg	2.29	0.366	4		1		0.65	0.34	
Magnesium, Mg.....mg	21	0.569	3		1		6	3	
Phosphorus, P.....mg	83	14.226	3		1		24	12	
Potassium, K.....mg	140	22.995	3		1		40	21	
Sodium, Na.....mg	338	42.721	4		1		96	51	
Zinc, Zn.....mg	0.32	0.047	3		1		0.09	0.05	
Copper, Cu.....mg	0.413	0.022	3		1		0.117	0.062	
Manganese, Mn.....mg	0.305		0	FLA	4		0.086	0.046	
Selenium, Se.....µg	2.8		0	FLA	4		0.8	0.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.4		0	FLA	4		0.1	0.1	
Thiamin.....mg	0.216	0.032	4		1		0.061	0.032	
Riboflavin.....mg	0.206	0.012	4		1		0.058	0.031	
Niacin.....mg	1.967	0.144	4		1		0.558	0.295	
Pantothenic acid.....mg	0.244		0	FLA	4		0.069	0.037	
Vitamin B-6.....mg	0.052		0	FLA	4		0.015	0.008	
Folate, total.....µg	32		0	FLC	4		9	5	
Folic acid.....µg	23		0		4		7	3	
Folate, food.....µg	9		0		4		3	1	
Folate, DFE.....mcg_DFE	48		0	NC	4		14	7	
Choline, total.....mg	14.7		0	FLC	4		4.2	2.2	
Betaine.....mg									
Vitamin B-12.....µg	0.03		0	FLA	4		0.01	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	8		0	NC	4		2	1	
Retinol.....µg	8		0	FLC	4		2	1	
Carotene, beta.....µg	1		0	FLC	4		0	0	
Carotene, alpha.....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....µg	1		0	FLC	4		0	0	
Vitamin A, IU.....IU	28		0	NC	4		8	4	
Lycopene.....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....µg	37		0	FLC	4		10	6	
Vitamin E (alpha-tocopherol).....mg	2.22		0	FLC	4		0.63	0.33	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	3.9		0	FLC	4		1.1	0.6	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	3.460		0	FLA	4		0.981	0.519	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.067		0	FLA	4		0.019	0.010	
15:0.....g									
16:0.....g	1.795		0	FLA	4		0.509	0.269	
17:0.....g									
18:0.....g	1.594		0	FLA	4		0.452	0.239	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.649		0	FLA	4		2.168	1.147	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006		0	FLA	4		0.002	0.001	
17:1.....g									
18:1 undifferentiated.....g	7.642		0	FLA	4		2.167	1.146	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.756		0	FLA	4		0.498	0.263	
18:2 undifferentiated.....g	1.660		0	FLA	4		0.471	0.249	
18:3 undifferentiated.....g	0.092		0	FLA	4		0.026	0.014	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0	FLA	4		0.001	0.000	
20:5 n-3 (EPA).....g	0.001		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.001		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	2		1		1		1	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.054		0		1		0.015	0.008	
Threonine.....g	0.140		0		1		0.040	0.021	
Isoleucine.....g	0.165		0		1		0.047	0.025	
Leucine.....g	0.285		0		1		0.081	0.043	
Lysine.....g	0.183		0		1		0.052	0.027	
Methionine.....g	0.085		0		1		0.024	0.013	
Cystine.....g	0.086		0		1		0.024	0.013	
Phenylalanine.....g	0.187		0		1		0.053	0.028	
Tyrosine.....g	0.125		0		1		0.035	0.019	
Valine.....g	0.191		0		1		0.054	0.029	
Arginine.....g	0.189		0		1		0.054	0.028	
Histidine.....g	0.091		0		1		0.026	0.014	
Alanine.....g	0.154		0		1		0.044	0.023	
Aspartic acid.....g	0.270		0		1		0.077	0.041	
Glutamic acid.....g	1.095		0		1		0.310	0.164	
Glycine.....g	0.137		0		1		0.039	0.021	
Proline.....g	0.354		0		1		0.100	0.053	
Serine.....g	0.231		0		1		0.065	0.035	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18191
Cookies, raisin, soft-type

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Deriv	Source	Measure 1	Measure 2	Measure 3
			of Data	Code	Confidence			
			Points	Code	Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 15.0g: 1 cookie

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18193

Cookies, shortbread, commercially prepared, pecan

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.30	0.163	23		1		0.94	0.46	
Energy.....kcal	542		0	NC	4		154	76	
Energy.....kJ	2268				4		643	317	
Protein (N x 5.6).....g	4.90	0.127	23		1		1.39	0.69	
Total lipid (fat).....g	32.50	0.332	24		1		9.21	4.55	
Ash.....g	1.00	0.018	23		1		0.28	0.14	
Carbohydrate, by difference.....g	58.30		0	NC	4		16.53	8.16	
Fiber, total dietary.....g	1.8		0		1		0.5	0.3	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	30	1.156	23		1		9	4	
Iron, Fe.....mg	2.43	0.063	23		1		0.69	0.34	
Magnesium, Mg.....mg	18	0.410	22		1		5	3	
Phosphorus, P.....mg	85	1.814	23		1		24	12	
Potassium, K.....mg	73	2.202	23		1		21	10	
Sodium, Na.....mg	281	5.292	23		1		80	39	
Zinc, Zn.....mg	0.58	0.020	22		1		0.16	0.08	
Copper, Cu.....mg	0.152	0.012	22		1		0.043	0.021	
Manganese, Mn.....mg	0.617	0.021	17		1		0.175	0.086	
Selenium, Se.....µg	3.2		0	FLA	4		0.9	0.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.293	0.012	28		1		0.083	0.041	
Riboflavin.....mg	0.220	0.011	28		1		0.062	0.031	
Niacin.....mg	2.481	0.123	28		1		0.703	0.347	
Pantothenic acid.....mg	0.377	0.009	8		1		0.107	0.053	
Vitamin B-6.....mg	0.020	0.001	8		1		0.006	0.003	
Folate, total.....µg	63		0	FLA	4		18	9	
Folic acid.....µg	55		0	NC	4		16	8	
Folate, food.....µg	8	0.046	8		1		2	1	
Folate, DFE.....mcg_DFE	102		0	NC	4		29	14	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.01		0	FLA	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		0	0	
Retinol.....µg	1		0	NC	4		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	3		0	FLA	4		1	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	8.204		0	FLA	4		2.326	1.149	
4:0.....g	0.000		0	FLA	4		0.000	0.000	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.158		0	FLA	4		0.045	0.022	
15:0.....g									
16:0.....g	4.209		0	FLA	4		1.193	0.589	
17:0.....g									
18:0.....g	3.830		0	FLA	4		1.086	0.536	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	18.628		0	FLA	4		5.281	2.608	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.035		0		1		0.010	0.005	
17:1.....g									
18:1 undifferentiated.....g	18.618		0	FLA	4		5.278	2.607	
20:1.....g	0.047		0		1		0.013	0.007	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.122		0	FLA	4		1.169	0.577	
18:2 undifferentiated.....g	3.913		0	FLA	4		1.109	0.548	
18:3 undifferentiated.....g	0.206		0	FLA	4		0.058	0.029	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	33		1		1		9	5	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.080		0		1		0.023	0.011	
Threonine.....g	0.143		0		1		0.041	0.020	
Isoleucine.....g	0.192		0		1		0.054	0.027	
Leucine.....g	0.337		0		1		0.096	0.047	
Lysine.....g	0.178		0		1		0.050	0.025	
Methionine.....g	0.091		0		1		0.026	0.013	
Cystine.....g	0.112		0		1		0.032	0.016	
Phenylalanine.....g	0.239		0		1		0.068	0.033	
Tyrosine.....g	0.149		0		1		0.042	0.021	
Valine.....g	0.224		0		1		0.064	0.031	
Arginine.....g	0.276		0		1		0.078	0.039	
Histidine.....g	0.109		0		1		0.031	0.015	
Alanine.....g	0.163		0		1		0.046	0.023	
Aspartic acid.....g	0.252		0		1		0.071	0.035	
Glutamic acid.....g	1.509		0		1		0.428	0.211	
Glycine.....g	0.179		0		1		0.051	0.025	
Proline.....g	0.490		0		1		0.139	0.069	
Serine.....g	0.259		0		1		0.073	0.036	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18193

Cookies, shortbread, commercially prepared, pecan

Measure 2 = 14.0g: 1 cookie (2" dia)

Calories Factors: Protein 4

Fat 8.7

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18192

Cookies, shortbread, commercially prepared, plain

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.70	0.364	17		1		1.05	0.30	
Energy.....kcal	502		0	NC	4		142	40	
Energy.....kJ	2100		0		4		595	168	
Protein (N x 5.8).....g	6.10	0.187	17		1		1.73	0.49	
Total lipid (fat).....g	24.10	0.485	18		1		6.83	1.93	
Ash.....g	1.50	0.075	17		1		0.43	0.12	
Carbohydrate, by difference.....g	64.50		0	NC	4		18.29	5.16	
Fiber, total dietary.....g	1.8		0		1		0.5	0.1	
Sugars, total.....g	15.08		0	FLC	4		4.27	1.21	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	35	4.198	19		1		10	3	
Iron, Fe.....mg	2.74	0.118	23		1		0.78	0.22	
Magnesium, Mg.....mg	17	0.271	15		1		5	1	
Phosphorus, P.....mg	108	5.517	15		1		31	9	
Potassium, K.....mg	100	4.379	16		1		28	8	
Sodium, Na.....mg	455	18.596	17		1		129	36	
Zinc, Zn.....mg	0.53	0.018	19		1		0.15	0.04	
Copper, Cu.....mg	0.144	0.013	13		1		0.041	0.012	
Manganese, Mn.....mg	0.428	0.018	8		1		0.121	0.034	
Selenium, Se.....µg	7.3		0	FLA	4		2.1	0.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.330	0.015	16		1		0.094	0.026	
Riboflavin.....mg	0.329	0.014	16		1		0.093	0.026	
Niacin.....mg	3.339	0.137	16		1		0.947	0.267	
Pantothenic acid.....mg	0.302		0		4		0.086	0.024	
Vitamin B-6.....mg	0.081		0	FLA	4		0.023	0.006	
Folate, total.....µg	70		0	FLC	4		20	6	
Folic acid.....µg	61		0		4		17	5	
Folate, food.....µg	9	1.023	3		1		3	1	
Folate, DFE.....mcg_DFE	113		0	NC	4		32	9	
Choline, total.....mg	14.2		0	FLC	4		4.0	1.1	
Betaine.....mg									
Vitamin B-12.....µg	0.09		0	FLA	4		0.03	0.01	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	18		0	NC	4		5	1	
Retinol.....µg	17		0	FLC	4		5	1	
Carotene, beta.....µg	13		0	FLC	4		4	1	
Carotene, alpha.....µg	8		0	FLC	4		2	1	
Cryptoxanthin, beta.....µg	1		0	FLC	4		0	0	
Vitamin A, IU.....IU	86		0	NC	4		24	7	
Lycopene.....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....µg	203		0	FLC	4		57	16	
Vitamin E (alpha-tocopherol).....mg	0.33		0	FLC	4		0.09	0.03	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.1		0	FLA	4		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	4		0	FLA	4		1	0	
Vitamin K (phylloquinone).....µg	9.8		0	FLC	4		2.8	0.8	
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	6.106		0	FLA	4		1.731	0.488	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.115		0	FLA	4		0.033	0.009	
15:0.....g									
16:0.....g	3.208		0	FLA	4		0.909	0.257	
17:0.....g									
18:0.....g	2.775		0	FLA	4		0.787	0.222	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	13.420		0	FLA	4		3.805	1.074	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.022		0	FLA	4		0.006	0.002	
17:1.....g									
18:1 undifferentiated.....g	13.395		0	FLA	4		3.797	1.072	
20:1.....g	0.002		0	FLA	4		0.001	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.233		0	FLA	4		0.917	0.259	
18:2 undifferentiated.....g	3.057		0	FLA	4		0.867	0.245	
18:3 undifferentiated.....g	0.155		0	FLA	4		0.044	0.012	
18:4.....g	0.001		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.011		0	FLA	4		0.003	0.001	
20:5 n-3 (EPA).....g	0.006		0	FLA	4		0.002	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.004		0	FLA	4		0.001	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	20	6.607	3		1		6	2	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.084		0		1		0.024	0.007	
Threonine.....g	0.195		0		1		0.055	0.016	
Isoleucine.....g	0.251		0		1		0.071	0.020	
Leucine.....g	0.451		0		1		0.128	0.036	
Lysine.....g	0.253		0		1		0.072	0.020	
Methionine.....g	0.119		0		1		0.034	0.010	
Cystine.....g	0.134		0		1		0.038	0.011	
Phenylalanine.....g	0.295		0		1		0.084	0.024	
Tyrosine.....g	0.191		0		1		0.054	0.015	
Valine.....g	0.290		0		1		0.082	0.023	
Arginine.....g	0.259		0		1		0.073	0.021	
Histidine.....g	0.131		0		1		0.037	0.010	
Alanine.....g	0.224		0		1		0.064	0.018	
Aspartic acid.....g	0.327		0		1		0.093	0.026	
Glutamic acid.....g	1.768		0		1		0.501	0.141	
Glycine.....g	0.208		0		1		0.059	0.017	
Proline.....g	0.598		0		1		0.170	0.048	
Serine.....g	0.343		0		1		0.097	0.027	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18192

Cookies, shortbread, commercially prepared, plain

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 8.0g: 1 cookie (1-5/8" square)

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	FLC	4	0	0	0	
Vitamin K (phylloquinone).....µg	2.1	0.043	4	A	1	0.7	0.2	0.6	
Dihydrophyloquinone.....µg	0.5		2	A	1	0.2	0.1	0.1	
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	11.899		0	NC	4	4.284	1.202	3.373	
4:0.....g	0.006	0.001	6	A	1	0.002	0.001	0.002	
6:0.....g	0.004	0.001	6	A	1	0.001	0.000	0.001	
8:0.....g	0.052	0.016	6	A	1	0.019	0.005	0.015	
10:0.....g	0.048	0.015	6	A	1	0.017	0.005	0.014	
12:0.....g	0.532	0.211	6	A	1	0.192	0.054	0.151	
13:0.....g									
14:0.....g	0.378	0.057	6	A	1	0.136	0.038	0.107	
15:0.....g	0.012	0.001	6	A	1	0.004	0.001	0.003	
16:0.....g	9.027	0.632	6	A	1	3.250	0.912	2.559	
17:0.....g	0.024	0.001	6	A	1	0.009	0.002	0.007	
18:0.....g	1.698	0.408	6	A	1	0.611	0.171	0.481	
20:0.....g	0.081	0.003	6	A	1	0.029	0.008	0.023	
22:0.....g	0.019	0.004	6	A	1	0.007	0.002	0.006	
24:0.....g	0.017	0.001	6	A	1	0.006	0.002	0.005	
Fatty acids, total monounsaturated.....g	7.697		0	NC	4	2.771	0.777	2.182	
14:1.....g	0.001	0.001	6	A	1	0.000	0.000	0.000	
15:1.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
16:1 undifferentiated.....g	0.031	0.003	6	AS	1	0.011	0.003	0.009	
16:1 c.....g	0.030	0.003	6	A	1	0.011	0.003	0.009	
16:1 t.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
17:1.....g	0.005	0.000	6	A	1	0.002	0.000	0.001	
18:1 undifferentiated.....g	7.609	0.356	6	AS	1	2.739	0.769	2.157	
18:1 c.....g	7.526	0.383	6	A	1	2.710	0.760	2.134	
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.082	0.040	6	A	1	0.030	0.008	0.023	
18:1-11t (18:1t n-7).....g									
20:1.....g	0.048	0.002	6	A	1	0.017	0.005	0.014	
22:1 undifferentiated.....g	0.001	0.001	6	AS	1	0.000	0.000	0.000	
22:1 c.....g	0.001	0.001	6	A	1	0.000	0.000	0.000	
22:1 t.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
24:1 c.....g	0.003	0.000	6	A	1	0.001	0.000	0.001	
Fatty acids, total polyunsaturated.....g	2.651		0	NC	4	0.954	0.268	0.752	
18:2 undifferentiated.....g	2.553	0.196	6	AS	1	0.919	0.258	0.724	
18:2 n-6 c,c.....g	2.396	0.196	6	A	1	0.862	0.242	0.679	
18:2 CLAs.....g	0.009	0.001	6	A	1	0.003	0.001	0.003	
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.148	0.013	6	A	1	0.053	0.015	0.042	
18:3 undifferentiated.....g	0.092	0.031	6	AS	1	0.033	0.009	0.026	
18:3 n-3 c,c,c (ALA).....g	0.092	0.031	6	A	1	0.033	0.009	0.026	
18:3 n-6 c,c,c.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
18:3i.....g									
18:4.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
20:2 n-6 c,c.....g	0.001	0.000	6	A	1	0.000	0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	6	AS	1	0.000	0.000	0.000	
20:3 n-3.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
20:3 n-6.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
20:4 undifferentiated.....g	0.002	0.000	6	A	1	0.001	0.000	0.001	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
21:5.....g									
22:4.....g	0.003	0.000	6	A	1	0.001	0.000	0.001	
22:5 n-3 (DPA).....g	0.000	0.000	6	A	1	0.000	0.000	0.000	

NDB No. 18209

Cookies, sugar wafers with creme filling, regular

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1	0.000	0.000	0.000
Fatty acids, total trans.....g	0.231		0	NC	4	0.083	0.023	0.066
Fatty acids, total trans-monoenoic.....g	0.083		0	NC	4	0.030	0.008	0.024
Fatty acids, total trans-polyenoic.....g	0.148		0	NC	4	0.053	0.015	0.042
Cholesterol.....mg	0		0	FLC	4	0	0	0
Phytosterols.....mg	102		0	FLC	4	37	10	29
Amino Acids:								
Tryptophan.....g	0.049		0	FLC	4	0.018	0.005	0.014
Threonine.....g	0.114		0	FLC	4	0.041	0.011	0.032
Isoleucine.....g	0.136		0	FLC	4	0.049	0.014	0.039
Leucine.....g	0.259		0	FLC	4	0.093	0.026	0.073
Lysine.....g	0.105		0	FLC	4	0.038	0.011	0.030
Methionine.....g	0.063		0	FLC	4	0.023	0.006	0.018
Cystine.....g	0.075		0	FLC	4	0.027	0.008	0.021
Phenylalanine.....g	0.192		0	FLC	4	0.069	0.019	0.054
Tyrosine.....g	0.121		0	FLC	4	0.044	0.012	0.034
Valine.....g	0.169		0	FLC	4	0.061	0.017	0.048
Arginine.....g	0.167		0	FLC	4	0.060	0.017	0.047
Histidine.....g	0.082		0	FLC	4	0.030	0.008	0.023
Alanine.....g	0.134		0	FLC	4	0.048	0.014	0.038
Aspartic acid.....g	0.204		0	FLC	4	0.073	0.021	0.058
Glutamic acid.....g	1.156		0	FLC	4	0.416	0.117	0.328
Glycine.....g	0.144		0	FLC	4	0.052	0.015	0.041
Proline.....g	0.392		0	FLC	4	0.141	0.040	0.111
Serine.....g	0.187		0	FLC	4	0.067	0.019	0.053
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	FLC	4	0.0	0.0	0.0
Caffeine.....mg	9		0	FLC	4	3	1	2
Theobromine.....mg	77		0	FLC	4	28	8	22

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 36g: 3 cookies
- Measure 2 = 10.1g: 1 cookie
- Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 4

Fat 8.8

Carbohydrate4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18202

Cookies, sugar wafers with creme filling, special dietary

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	4.40	0.287	3		1		1.25	0.18	
Energy.....kcal	502		0	NC	4		142	20	
Energy.....kJ	2100				4		595	84	
Protein (N x 5.7).....g	3.10	0.004	3		1		0.88	0.12	
Total lipid (fat).....g	25.70	0.751	3		1		7.29	1.03	
Ash.....g	0.90	0.168	3		1		0.26	0.04	
Carbohydrate, by difference.....g	66.00		0	NC	4		18.71	2.64	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	53	3.867	3		1		15	2	
Iron, Fe.....mg	1.44	0.030	3		1		0.41	0.06	
Magnesium, Mg.....mg	6	0.443	3		1		2	0	
Phosphorus, P.....mg	34	6.017	3		1		10	1	
Potassium, K.....mg	61	6.950	3		1		17	2	
Sodium, Na.....mg	9	8.111	3		1		3	0	
Zinc, Zn.....mg	0.20	0.014	3		1		0.06	0.01	
Copper, Cu.....mg	0.038	0.003	3		1		0.011	0.002	
Manganese, Mn.....mg	0.254		0	FLA	4		0.072	0.010	
Selenium, Se.....µg	6.3		0	FLA	4		1.8	0.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	3		1		0.0	0.0	
Thiamin.....mg	0.164	0.010	3		1		0.046	0.007	
Riboflavin.....mg	0.107	0.002	3		1		0.030	0.004	
Niacin.....mg	1.533	0.077	3		1		0.435	0.061	
Pantothenic acid.....mg	0.098	0.007	3		1		0.028	0.004	
Vitamin B-6.....mg	0.009	0.001	3		1		0.003	0.000	
Folate, total.....µg	42		0	FLA	4		12	2	
Folic acid.....µg	38		0	NC	4		11	2	
Folate, food.....µg	4	0.292	3		1		1	0	
Folate, DFE.....mcg_DFE	69		0	NC	4		19	3	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00	0.000	3		1		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0	0.023	3		1		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	3.829		0	FLA	4		1.086	0.153	
4:0.....g	0.000		0	FLA	4		0.000	0.000	

Cookies, sugar wafers with creme filling, special dietary

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.026		0	FLA	4		0.007	0.001	
15:0.....g									
16:0.....g	2.530		0	FLA	4		0.717	0.101	
17:0.....g									
18:0.....g	1.270		0	FLA	4		0.360	0.051	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	10.932		0	FLA	4		3.099	0.437	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.103		0	FLA	4		0.029	0.004	
17:1.....g									
18:1 undifferentiated.....g	10.804		0	FLA	4		3.063	0.432	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	9.684		0	FLA	4		2.745	0.387	
18:2 undifferentiated.....g	8.991		0	FLA	4		2.549	0.360	
18:3 undifferentiated.....g	0.668		0	FLA	4		0.189	0.027	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.000	3		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.044		0		1		0.012	0.002	
Threonine.....g	0.085		0		1		0.024	0.003	
Isoleucine.....g	0.116		0		1		0.033	0.005	
Leucine.....g	0.209		0		1		0.059	0.008	
Lysine.....g	0.107		0		1		0.030	0.004	
Methionine.....g	0.052		0		1		0.015	0.002	
Cystine.....g	0.067		0		1		0.019	0.003	
Phenylalanine.....g	0.145		0		1		0.041	0.006	
Tyrosine.....g	0.088		0		1		0.025	0.004	
Valine.....g	0.135		0		1		0.038	0.005	
Arginine.....g	0.117		0		1		0.033	0.005	
Histidine.....g	0.062		0		1		0.018	0.002	
Alanine.....g	0.093		0		1		0.026	0.004	
Aspartic acid.....g	0.128		0		1		0.036	0.005	
Glutamic acid.....g	1.014		0		1		0.287	0.041	
Glycine.....g	0.104		0		1		0.029	0.004	
Proline.....g	0.342		0		1		0.097	0.014	
Serine.....g	0.161		0		1		0.046	0.006	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18202

Cookies, sugar wafers with creme filling, special dietary

Measure 2 = 4.0g: 1 wafer

Calories Factors: Protein 4

Fat 8.8

Carbohydrate4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18204

Cookies, sugar, commercially prepared, regular (includes vanilla)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	4.80	0.586	3		1		1.36	0.72	
Energy.....kcal	478		0	NC	4		136	72	
Energy.....kJ	2000		0		4		567	300	
Protein (N x 5.9).....g	5.10	0.316	8		1		1.45	0.77	
Total lipid (fat).....g	21.10	0.771	8		1		5.98	3.17	
Ash.....g	1.20	0.129	4		1		0.34	0.18	
Carbohydrate, by difference.....g	67.90		0	NC	4		19.25	10.19	
Fiber, total dietary.....g	0.8		0		4		0.2	0.1	
Sugars, total.....g	37.70		0	FLC	4		10.69	5.66	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	21	4.514	5		1		6	3	
Iron, Fe.....mg	2.14	0.171	5		1		0.61	0.32	
Magnesium, Mg.....mg	12	2.413	3		1		3	2	
Phosphorus, P.....mg	80	10.797	3		1		23	12	
Potassium, K.....mg	63		2		1		18	9	
Sodium, Na.....mg	357	35.150	7		1		101	54	
Zinc, Zn.....mg	0.43		2		1		0.12	0.06	
Copper, Cu.....mg	0.073		0	FLA	4		0.021	0.011	
Manganese, Mn.....mg	0.010		0	FLA	4		0.003	0.002	
Selenium, Se.....µg	2.1		2	A	1		0.6	0.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0		4		0.0	0.0	
Thiamin.....mg	0.233	0.052	5		1		0.066	0.035	
Riboflavin.....mg	0.214	0.013	5		1		0.061	0.032	
Niacin.....mg	2.691	0.204	4		1		0.763	0.404	
Pantothenic acid.....mg	0.237		0	FLA	4		0.067	0.036	
Vitamin B-6.....mg	0.056		1		1		0.016	0.008	
Folate, total.....µg	53		0	FLC	4		15	8	
Folic acid.....µg	42		0		4		12	6	
Folate, food.....µg	11		0		4		3	2	
Folate, DFE.....mcg_DFE	82		0	NC	4		23	12	
Choline, total.....mg	29.3		0	FLC	4		8.3	4.4	
Betaine.....mg									
Vitamin B-12.....µg	0.19		0	FLA	4		0.05	0.03	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	26		0	NC	4		7	4	
Retinol.....µg	26		0	FLC	4		7	4	
Carotene, beta.....µg	1		0	FLC	4		0	0	
Carotene, alpha.....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....µg	1		0	FLC	4		0	0	
Vitamin A, IU.....IU	90		0	NC	4		26	14	
Lycopene.....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....µg	38		0	FLC	4		11	6	
Vitamin E (alpha-tocopherol).....mg	0.27		0	FLC	4		0.08	0.04	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.1		0	FLA	4		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	6		0	FLA	4		2	1	
Vitamin K (phylloquinone).....µg	8.6		0	FLC	4		2.4	1.3	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	5.435		0	FLA	4		1.541	0.815	
4:0.....g	0.001		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.104		0	FLA	4		0.029	0.016	
15:0.....g									
16:0.....g	2.856		0	FLA	4		0.810	0.428	
17:0.....g									
18:0.....g	2.469		0	FLA	4		0.700	0.370	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	11.836		0	FLA	4		3.356	1.775	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.030		0	FLA	4		0.009	0.005	
17:1.....g									
18:1 undifferentiated.....g	11.802		0	FLA	4		3.346	1.770	
20:1.....g	0.003		0	FLA	4		0.001	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.660		0	FLA	4		0.754	0.399	
18:2 undifferentiated.....g	2.500		0	FLA	4		0.709	0.375	
18:3 undifferentiated.....g	0.130		0	FLA	4		0.037	0.020	
18:4.....g	0.002		0	FLA	4		0.001	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.016		0	FLA	4		0.005	0.002	
20:5 n-3 (EPA).....g	0.008		0	FLA	4		0.002	0.001	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.005		0	FLA	4		0.001	0.001	
Fatty acids, total trans.....g									
Cholesterol.....mg	51		1		1		14	8	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.070		0		1		0.020	0.011	
Threonine.....g	0.179		0		1		0.051	0.027	
Isoleucine.....g	0.230		0		1		0.065	0.035	
Leucine.....g	0.390		0		1		0.111	0.059	
Lysine.....g	0.256		0		1		0.073	0.038	
Methionine.....g	0.110		0		1		0.031	0.017	
Cystine.....g	0.104		0		1		0.029	0.016	
Phenylalanine.....g	0.250		0		1		0.071	0.038	
Tyrosine.....g	0.175		0		1		0.050	0.026	
Valine.....g	0.263		0		1		0.075	0.039	
Arginine.....g	0.221		0		1		0.063	0.033	
Histidine.....g	0.112		0		1		0.032	0.017	
Alanine.....g	0.190		0		1		0.054	0.029	
Aspartic acid.....g	0.310		0		1		0.088	0.047	
Glutamic acid.....g	1.355		0		1		0.384	0.203	
Glycine.....g	0.164		0		1		0.046	0.025	
Proline.....g	0.469		0		1		0.133	0.070	
Serine.....g	0.298		0		1		0.084	0.045	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18204

Cookies, sugar, commercially prepared, regular (includes vanilla)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Measure 1	Measure 2	Measure 3
			of Data	Code	Code			
		Points	Code	Code				

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 15.0g: 1 cookie

Calories Factors: Protein 4.2

Fat 8.8

Carbohydrate4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18203

Cookies, sugar, commercially prepared, special dietary

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	5.70		1		1		1.62	0.40	
Energy.....kcal	431		0	NC	4		122	30	
Energy.....kJ	1803		0		4		511	126	
Protein (N x 5.7).....g	4.10		1	A	1		1.16	0.29	
Total lipid (fat).....g	13.00		1		1		3.69	0.91	
Ash.....g	0.40		1		1		0.11	0.03	
Carbohydrate, by difference.....g	76.80		0	NC	4		21.77	5.38	
Fiber, total dietary.....g	0.9		0		4		0.3	0.1	
Sugars, total.....g	34.17		0	FLC	4		9.69	2.39	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	25		0	FLA	4		7	2	
Iron, Fe.....mg	4.01		0	FLA	4		1.14	0.28	
Magnesium, Mg.....mg	9		0	FLA	4		3	1	
Phosphorus, P.....mg	73		0	FLA	4		21	5	
Potassium, K.....mg	104		1		1		29	7	
Sodium, Na.....mg	281		0	LC	8		80	20	
Zinc, Zn.....mg	0.34		0	FLA	4		0.10	0.02	
Copper, Cu.....mg	0.150		0	FLA	4		0.043	0.011	
Manganese, Mn.....mg	0.343		0	FLA	4		0.097	0.024	
Selenium, Se.....µg	2.8		0	FLA	4		0.8	0.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.481		0	FLA	4		0.136	0.034	
Riboflavin.....mg	0.232		0	FLA	4		0.066	0.016	
Niacin.....mg	3.659		0	FLA	4		1.037	0.256	
Pantothenic acid.....mg	0.247		0	FLA	4		0.070	0.017	
Vitamin B-6.....mg	0.018		0	FLA	4		0.005	0.001	
Folate, total.....µg	70		0	FLC	4		20	5	
Folic acid.....µg	63		0		4		18	4	
Folate, food.....µg	7		0		4		2	0	
Folate, DFE.....mcg_DFE	114		0	NC	4		32	8	
Choline, total.....mg	4.7		0	FLC	4		1.3	0.3	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	FLC	4		0	0	
Carotene, beta.....µg	0		0	FLC	4		0	0	
Carotene, alpha.....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLC	4		0	0	
Vitamin A, IU.....IU	0		0	NC	4		0	0	
Lycopene.....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....µg	1		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.99		0	FLC	4		0.28	0.07	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	3.2		0	FLC	4		0.9	0.2	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Fatty acids, total saturated.....g	1.872		0	FLA	4		0.531	0.131	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.013		0	FLA	4		0.004	0.001	
15:0.....g									
16:0.....g	1.247		0	FLA	4		0.354	0.087	
17:0.....g									
18:0.....g	0.608		0	FLA	4		0.172	0.043	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.243		0	FLA	4		1.486	0.367	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.050		0	FLA	4		0.014	0.004	
17:1.....g									
18:1 undifferentiated.....g	5.180		0	FLA	4		1.469	0.363	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.755		0	FLA	4		1.348	0.333	
18:2 undifferentiated.....g	4.416		0	FLA	4		1.252	0.309	
18:3 undifferentiated.....g	0.327		0	FLA	4		0.093	0.023	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 7.0g: 1 cookie, medium (1-5/8" dia)

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18208

Cookies, sugar, prepared from recipe, made with margarine

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	8.90		0		1		2.52	1.25	
Energy.....kcal	472		0	NC	4		134	66	
Energy.....kJ	1975		0		4		560	276	
Protein (N x 0).....g	5.90		0		1		1.67	0.83	
Total lipid (fat).....g	23.40		0		1		6.63	3.28	
Ash.....g	1.80		0		1		0.51	0.25	
Carbohydrate, by difference.....g	60.00		0	NC	4		17.01	8.40	
Fiber, total dietary.....g	1.2		0		4		0.3	0.2	
Sugars, total.....g	24.86		0	RA	4		7.05	3.48	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	73		0		1		21	10	
Iron, Fe.....mg	2.33		0		1		0.66	0.33	
Magnesium, Mg.....mg	12		0		1		3	2	
Phosphorus, P.....mg	90		0		1		26	13	
Potassium, K.....mg	77		0		1		22	11	
Sodium, Na.....mg	491		0		1		139	69	
Zinc, Zn.....mg	0.42		0		1		0.12	0.06	
Copper, Cu.....mg	0.078		0		1		0.022	0.011	
Manganese, Mn.....mg	0.316		0		1		0.090	0.044	
Selenium, Se.....µg	17.6		0	RK	4		5.0	2.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0		1		0.0	0.0	
Thiamin.....mg	0.294		0		1		0.083	0.041	
Riboflavin.....mg	0.257		0		1		0.073	0.036	
Niacin.....mg	2.443		0		1		0.693	0.342	
Pantothenic acid.....mg	0.240		0		1		0.068	0.034	
Vitamin B-6.....mg	0.030		0		1		0.009	0.004	
Folate, total.....µg	61		0	RA	4		17	9	
Folic acid.....µg	51		0		4		14	7	
Folate, food.....µg	11		0		1		3	2	
Folate, DFE.....mcg_DFE	98		0	NC	4		28	14	
Choline, total.....mg	27.3		0	RK	4		7.7	3.8	
Betaine.....mg									
Vitamin B-12.....µg	0.09		0		1		0.03	0.01	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	238		0	NC	4		67	33	
Retinol.....µg	224		0	RA	4		63	31	
Carotene, beta.....µg	169		0	RA	4		48	24	
Carotene, alpha.....µg	0		0	RA	4		0	0	
Cryptoxanthin, beta.....µg	1		0	RA	4		0	0	
Vitamin A, IU.....IU	1028		0	NC	4		292	144	
Lycopene.....µg	0		0	RA	4		0	0	
Lutein + zeaxanthin.....µg	28		0	RA	4		8	4	
Vitamin E (alpha-tocopherol).....mg	2.57		0	RA	4		0.73	0.36	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.5		0	RA	4		0.1	0.1	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	21		0	RA	4		6	3	
Vitamin K (phylloquinone).....µg	25.9		0	RA	4		7.3	3.6	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points					
Fatty acids, total saturated.....g	4.690		0		1		1.330	0.657
4:0.....g	0.004		0		1		0.001	0.001
6:0.....g	0.002		0		1		0.001	0.000
8:0.....g	0.001		0		1		0.000	0.000
10:0.....g	0.003		0		1		0.001	0.000
12:0.....g	0.003		0		1		0.001	0.000
13:0.....g								
14:0.....g	0.068		0		1		0.019	0.010
15:0.....g								
16:0.....g	2.911		0		1		0.825	0.408
17:0.....g								
18:0.....g	1.694		0		1		0.480	0.237
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	10.189		0		1		2.889	1.426
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.021		0		1		0.006	0.003
17:1.....g								
18:1 undifferentiated.....g	10.166		0		1		2.882	1.423
20:1.....g	0.002		0		1		0.001	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	7.290		0		1		2.067	1.021
18:2 undifferentiated.....g	6.962		0		1		1.974	0.975
18:3 undifferentiated.....g	0.318		0		1		0.090	0.045
18:4.....g	0.000		0		1		0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.009		0		1		0.003	0.001
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000
22:6 n-3 (DHA).....g	0.002		0		1		0.001	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	26		0		1		7	4
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.073		0		1		0.021	0.010
Threonine.....g	0.184		0		1		0.052	0.026
Isoleucine.....g	0.230		0		1		0.065	0.032
Leucine.....g	0.430		0		1		0.122	0.060
Lysine.....g	0.192		0		1		0.054	0.027
Methionine.....g	0.118		0		1		0.033	0.017
Cystine.....g	0.122		0		1		0.035	0.017
Phenylalanine.....g	0.298		0		1		0.084	0.042
Tyrosine.....g	0.193		0		1		0.055	0.027
Valine.....g	0.264		0		1		0.075	0.037
Arginine.....g	0.251		0		1		0.071	0.035
Histidine.....g	0.134		0		1		0.038	0.019
Alanine.....g	0.208		0		1		0.059	0.029
Aspartic acid.....g	0.307		0		1		0.087	0.043
Glutamic acid.....g	1.775		0		1		0.503	0.249
Glycine.....g	0.204		0		1		0.058	0.029
Proline.....g	0.618		0		1		0.175	0.087
Serine.....g	0.315		0		1		0.089	0.044
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	RA	4		0	0
Theobromine.....mg	0		0	RA	4		0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18208

Cookies, sugar, prepared from recipe, made with margarine

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Measure 1	Measure 2	Measure 3
			of Data	Code	Code			
		Points	Code	Code	Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 14.0g: 1 cookie (3" dia)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18205

Cookies, sugar, refrigerated dough

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	14.50	0.169	28		1		4.11	2.47	3.77
Energy.....kcal	436		0	NC	4		124	74	113
Energy.....kJ	1824		0		4		517	310	474
Protein (N x 5.8).....g	4.20	0.165	23		1		1.19	0.71	1.09
Total lipid (fat).....g	20.70	0.465	25		1		5.87	3.52	5.38
Ash.....g	1.50	0.108	25		1		0.43	0.26	0.39
Carbohydrate, by difference.....g	59.00		0	NC	4		16.73	10.03	15.34
Fiber, total dietary.....g	0.7		0		4		0.2	0.1	0.2
Sugars, total.....g	21.56		0	FLC	4		6.11	3.67	5.61
Starch.....g									
Minerals:									
Calcium, Ca.....mg	81	10.666	17		1		23	14	21
Iron, Fe.....mg	1.65	0.157	11		1		0.47	0.28	0.43
Magnesium, Mg.....mg	7	0.360	11		1		2	1	2
Phosphorus, P.....mg	169	5.121	11		1		48	29	44
Potassium, K.....mg	147	66.352	7		1		42	25	38
Sodium, Na.....mg	422	39.068	19		1		120	72	110
Zinc, Zn.....mg	0.24	0.011	11		1		0.07	0.04	0.06
Copper, Cu.....mg	0.037	0.002	19		1		0.010	0.006	0.010
Manganese, Mn.....mg	0.308		0	FLA	4		0.087	0.052	0.080
Selenium, Se.....µg	3.1		0	FLA	4		0.9	0.5	0.8
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	3		1		0.0	0.0	0.0
Thiamin.....mg	0.205	0.023	13		1		0.058	0.035	0.053
Riboflavin.....mg	0.122	0.011	15		1		0.035	0.021	0.032
Niacin.....mg	2.412	0.333	13		1		0.684	0.410	0.627
Pantothenic acid.....mg	0.246		0	FLA	4		0.070	0.042	0.064
Vitamin B-6.....mg	0.019		0	FLA	4		0.005	0.003	0.005
Folate, total.....µg	63		0	FLC	4		18	11	16
Folic acid.....µg	55		0		4		16	9	14
Folate, food.....µg	8		0		4		2	1	2
Folate, DFE.....mcg_DFE	102		0	NC	4		29	17	26
Choline, total.....mg	8.8		0	FLC	4		2.5	1.5	2.3
Betaine.....mg									
Vitamin B-12.....µg	0.02		0	FLA	4		0.01	0.00	0.01
Vitamin A, RAE.....mcg_RAE	11		0	NC	4		3	2	3
Retinol.....µg	11		0	FLC	4		3	2	3
Carotene, beta.....µg	0		0	FLC	4		0	0	0
Carotene, alpha.....µg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	FLC	4		0	0	0
Vitamin A, IU.....IU	37		0	NC	4		10	6	10
Lycopene.....µg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin.....µg	8		0	FLC	4		2	1	2
Vitamin E (alpha-tocopherol).....mg	0.19		0	FLC	4		0.05	0.03	0.05
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	8.8		0	FLC	4		2.5	1.5	2.3
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	5.265		0	FLA	4		1.493	0.895	1.369
4:0.....g	0.000		0	FLA	4		0.000	0.000	0.000

Cookies, sugar, refrigerated dough

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
12:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.102		0	FLA	4		0.029	0.017	0.027
15:0.....g									
16:0.....g	2.711		0	FLA	4		0.769	0.461	0.705
17:0.....g									
18:0.....g	2.448		0	FLA	4		0.694	0.416	0.636
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	11.761		0	FLA	4		3.334	1.999	3.058
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0	FLA	4		0.002	0.001	0.002
17:1.....g									
18:1 undifferentiated.....g	11.753		0	FLA	4		3.332	1.998	3.056
20:1.....g	0.001		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.620		0	FLA	4		0.743	0.445	0.681
18:2 undifferentiated.....g	2.485		0	FLA	4		0.704	0.422	0.646
18:3 undifferentiated.....g	0.132		0	FLA	4		0.037	0.022	0.034
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.003		0	FLA	4		0.001	0.001	0.001
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.001		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	29	2.106	13		1		8	5	8
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.059		0		1		0.017	0.010	0.015
Threonine.....g	0.138		0		1		0.039	0.023	0.036
Isoleucine.....g	0.178		0		1		0.050	0.030	0.046
Leucine.....g	0.306		0		1		0.087	0.052	0.080
Lysine.....g	0.185		0		1		0.052	0.031	0.048
Methionine.....g	0.086		0		1		0.024	0.015	0.022
Cystine.....g	0.094		0		1		0.027	0.016	0.024
Phenylalanine.....g	0.207		0		1		0.059	0.035	0.054
Tyrosine.....g	0.134		0		1		0.038	0.023	0.035
Valine.....g	0.204		0		1		0.058	0.035	0.053
Arginine.....g	0.184		0		1		0.052	0.031	0.048
Histidine.....g	0.090		0		1		0.026	0.015	0.023
Alanine.....g	0.154		0		1		0.044	0.026	0.040
Aspartic acid.....g	0.236		0		1		0.067	0.040	0.061
Glutamic acid.....g	1.207		0		1		0.342	0.205	0.314
Glycine.....g	0.144		0		1		0.041	0.024	0.037
Proline.....g	0.403		0		1		0.114	0.069	0.105
Serine.....g	0.246		0		1		0.070	0.042	0.064
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0	0
Theobromine.....mg	0		0	FLC	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18205

Cookies, sugar, refrigerated dough

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 17g: 1 cookie dough for 1 rolled cookie

Measure 3 = 26g: 1 cookie 1 pre-sliced cookie dough

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18206

Cookies, sugar, refrigerated dough, baked

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	5.00		0		1		1.42	0.75	1.15
Energy.....kcal	484		0	NC	4		137	73	111
Energy.....kJ	2025		0		4		574	304	466
Protein (N x 0).....g	4.70		0		1		1.33	0.71	1.08
Total lipid (fat).....g	23.10		0		1		6.55	3.47	5.31
Ash.....g	1.70		0		1		0.48	0.26	0.39
Carbohydrate, by difference.....g	65.60		0	NC	4		18.60	9.84	15.09
Fiber, total dietary.....g	0.8		0		1		0.2	0.1	0.2
Sugars, total.....g	23.96		0	RPI	6		6.79	3.59	5.51
Starch.....g									
Minerals:									
Calcium, Ca.....mg	90		0		1		26	14	21
Iron, Fe.....mg	1.84		0		1		0.52	0.28	0.42
Magnesium, Mg.....mg	8		0		1		2	1	2
Phosphorus, P.....mg	187		0		1		53	28	43
Potassium, K.....mg	163		0		1		46	24	37
Sodium, Na.....mg	468		0		1		133	70	108
Zinc, Zn.....mg	0.27		0		1		0.08	0.04	0.06
Copper, Cu.....mg	0.041		0		1		0.012	0.006	0.009
Manganese, Mn.....mg	0.289		0		4		0.082	0.043	0.066
Selenium, Se.....µg	3.5		0	RK	4		1.0	0.5	0.8
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.182		0		1		0.052	0.027	0.042
Riboflavin.....mg	0.122		0		1		0.035	0.018	0.028
Niacin.....mg	2.412		0		1		0.684	0.362	0.555
Pantothenic acid.....mg	0.151		0		4		0.043	0.023	0.035
Vitamin B-6.....mg	0.023		0		4		0.007	0.003	0.005
Folate, total.....µg	70		0	RPI	6		20	11	16
Folic acid.....µg	64		0		4		18	10	15
Folate, food.....µg	6		0		4		2	1	1
Folate, DFE.....mcg_DFE	115		0	NC	4		33	17	26
Choline, total.....mg	9.3		0	RK	4		2.6	1.4	2.1
Betaine.....mg									
Vitamin B-12.....µg	0.07		0		4		0.02	0.01	0.02
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	12		0	NC	4		3	2	3
Retinol.....µg	12		0	RPI	6		3	2	3
Carotene, beta.....µg	0		0	RPI	6		0	0	0
Carotene, alpha.....µg	0		0	RPI	6		0	0	0
Cryptoxanthin, beta.....µg	0		0	RPI	6		0	0	0
Vitamin A, IU.....IU	41		0	NC	4		12	6	9
Lycopene.....µg	0		0	RPI	6		0	0	0
Lutein + zeaxanthin.....µg	9		0	RPI	6		2	1	2
Vitamin E (alpha-tocopherol).....mg	0.21		0	RPI	6		0.06	0.03	0.05
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	9.8		0	RPI	6		2.8	1.5	2.2
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points					
Fatty acids, total saturated.....g	5.906		0		1	1.674	0.886	1.358
4:0.....g	0.000		0		1	0.000	0.000	0.000
6:0.....g	0.000		0		1	0.000	0.000	0.000
8:0.....g	0.000		0		1	0.000	0.000	0.000
10:0.....g	0.000		0		1	0.000	0.000	0.000
12:0.....g	0.000		0		1	0.000	0.000	0.000
13:0.....g								
14:0.....g	0.112		0		1	0.032	0.017	0.026
15:0.....g								
16:0.....g	3.081		0		1	0.873	0.462	0.709
17:0.....g								
18:0.....g	2.709		0		1	0.768	0.406	0.623
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	13.010		0		1	3.688	1.952	2.992
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.028		0		1	0.008	0.004	0.006
17:1.....g								
18:1 undifferentiated.....g	12.979		0		1	3.680	1.947	2.985
20:1.....g	0.003		0		1	0.001	0.000	0.001
22:1 undifferentiated.....g	0.000		0		1	0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	2.891		0		1	0.820	0.434	0.665
18:2 undifferentiated.....g	2.731		0		1	0.774	0.410	0.628
18:3 undifferentiated.....g	0.143		0		1	0.041	0.021	0.033
18:4.....g	0.000		0		1	0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.013		0		1	0.004	0.002	0.003
20:5 n-3 (EPA).....g	0.000		0		1	0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0		1	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.003		0		1	0.001	0.000	0.001
Fatty acids, total trans.....g								
Cholesterol.....mg	32		0		1	9	5	7
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.066		0		1	0.019	0.010	0.015
Threonine.....g	0.153		0		1	0.043	0.023	0.035
Isoleucine.....g	0.197		0		1	0.056	0.030	0.045
Leucine.....g	0.340		0		1	0.096	0.051	0.078
Lysine.....g	0.205		0		1	0.058	0.031	0.047
Methionine.....g	0.096		0		1	0.027	0.014	0.022
Cystine.....g	0.105		0		1	0.030	0.016	0.024
Phenylalanine.....g	0.230		0		1	0.065	0.035	0.053
Tyrosine.....g	0.149		0		1	0.042	0.022	0.034
Valine.....g	0.227		0		1	0.064	0.034	0.052
Arginine.....g	0.205		0		1	0.058	0.031	0.047
Histidine.....g	0.100		0		1	0.028	0.015	0.023
Alanine.....g	0.171		0		1	0.048	0.026	0.039
Aspartic acid.....g	0.262		0		1	0.074	0.039	0.060
Glutamic acid.....g	1.341		0		1	0.380	0.201	0.308
Glycine.....g	0.160		0		1	0.045	0.024	0.037
Proline.....g	0.447		0		1	0.127	0.067	0.103
Serine.....g	0.273		0		1	0.077	0.041	0.063
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	RPI	6	0	0	0
Theobromine.....mg	0		0	RPI	6	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18206

Cookies, sugar, refrigerated dough, baked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 15.0g: 1 cookie 1 rolled cookie dough

Measure 3 = 23g: 1 cookie 1 pre-sliced cookie dough

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18210

Cookies, vanilla sandwich with creme filling

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.20	0.098	32		1		0.62	0.33	0.22
Energy.....kcal	483		0	NC	4		137	72	48
Energy.....kJ	2021		0		4		573	303	202
Protein (N x 5.7).....g	4.50	0.093	39		1		1.28	0.68	0.45
Total lipid (fat).....g	20.00	0.306	40		1		5.67	3.00	2.00
Ash.....g	1.20	0.048	34		1		0.34	0.18	0.12
Carbohydrate, by difference.....g	72.10		0		4		20.44	10.82	7.21
Fiber, total dietary.....g	1.5		0		4		0.4	0.2	0.2
Sugars, total.....g	39.30		0	FLC	4		11.14	5.89	3.93
Starch.....g									
Minerals:									
Calcium, Ca.....mg	27	2.837	38		1		8	4	3
Iron, Fe.....mg	2.21	0.060	40		1		0.63	0.33	0.22
Magnesium, Mg.....mg	14	0.354	31		1		4	2	1
Phosphorus, P.....mg	75	3.781	36		1		21	11	8
Potassium, K.....mg	91	6.964	33		1		26	14	9
Sodium, Na.....mg	349	12.440	36		1		99	52	35
Zinc, Zn.....mg	0.40	0.014	32		1		0.11	0.06	0.04
Copper, Cu.....mg	0.114	0.011	30		1		0.032	0.017	0.011
Manganese, Mn.....mg	0.292	0.014	24		1		0.083	0.044	0.029
Selenium, Se.....µg	3.0		0	FLA	4		0.9	0.5	0.3
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.261	0.024	40		1		0.074	0.039	0.026
Riboflavin.....mg	0.243	0.009	41		1		0.069	0.036	0.024
Niacin.....mg	2.690	0.088	40		1		0.763	0.404	0.269
Pantothenic acid.....mg	0.394	0.008	8		1		0.112	0.059	0.039
Vitamin B-6.....mg	0.018		0	FLA	4		0.005	0.003	0.002
Folate, total.....µg	50		0	FLC	4		14	8	5
Folic acid.....µg	46		0		4		13	7	5
Folate, food.....µg	4	0.608	11		1		1	1	0
Folate, DFE.....mcg_DFE	82		0	NC	4		23	12	8
Choline, total.....mg	4.1		0	FLC	4		1.2	0.6	0.4
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....µg	0		0	FLC	4		0	0	0
Carotene, beta.....µg	0		0	FLC	4		0	0	0
Carotene, alpha.....µg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	FLC	4		0	0	0
Vitamin A, IU.....IU	0		0	NC	4		0	0	0
Lycopene.....µg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin.....µg	1		0	FLC	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	1.60		0	FLC	4		0.45	0.24	0.16
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	5.0		0	FLC	4		1.4	0.7	0.5
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code				
Fatty acids, total saturated.....g	2.979		0	FLA	4	0.845	0.447	0.298
4:0.....g	0.000		0	FLA	4	0.000	0.000	0.000
6:0.....g	0.000		0	FLA	4	0.000	0.000	0.000
8:0.....g	0.000		0	FLA	4	0.000	0.000	0.000
10:0.....g	0.000		0	FLA	4	0.000	0.000	0.000
12:0.....g	0.000		0	FLA	4	0.000	0.000	0.000
13:0.....g								
14:0.....g	0.020		0	FLA	4	0.006	0.003	0.002
15:0.....g								
16:0.....g	1.976		0	FLA	4	0.560	0.296	0.198
17:0.....g								
18:0.....g	0.979		0	FLA	4	0.278	0.147	0.098
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	8.437		0	FLA	4	2.392	1.266	0.844
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.080		0	FLA	4	0.023	0.012	0.008
17:1.....g								
18:1 undifferentiated.....g	8.338		0	FLA	4	2.364	1.251	0.834
20:1.....g	0.000		0	FLA	4	0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4	0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	7.551		0	FLA	4	2.141	1.133	0.755
18:2 undifferentiated.....g	7.011		0	FLA	4	1.988	1.052	0.701
18:3 undifferentiated.....g	0.520		0	FLA	4	0.147	0.078	0.052
18:4.....g	0.000		0	FLA	4	0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	FLA	4	0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	FLA	4	0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0	FLA	4	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	FLA	4	0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0		4	0	0	0
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.064		0		4	0.018	0.010	0.006
Threonine.....g	0.124		0		4	0.035	0.019	0.012
Isoleucine.....g	0.170		0		4	0.048	0.026	0.017
Leucine.....g	0.306		0		4	0.087	0.046	0.031
Lysine.....g	0.156		0		4	0.044	0.023	0.016
Methionine.....g	0.075		0		4	0.021	0.011	0.008
Cystine.....g	0.097		0		4	0.027	0.015	0.010
Phenylalanine.....g	0.212		0		4	0.060	0.032	0.021
Tyrosine.....g	0.128		0		4	0.036	0.019	0.013
Valine.....g	0.196		0		4	0.056	0.029	0.020
Arginine.....g	0.171		0		4	0.048	0.026	0.017
Histidine.....g	0.091		0		4	0.026	0.014	0.009
Alanine.....g	0.135		0		4	0.038	0.020	0.014
Aspartic acid.....g	0.187		0		4	0.053	0.028	0.019
Glutamic acid.....g	1.479		0		4	0.419	0.222	0.148
Glycine.....g	0.152		0		4	0.043	0.023	0.015
Proline.....g	0.499		0		4	0.141	0.075	0.050
Serine.....g	0.236		0		4	0.067	0.035	0.024
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4	0	0	0
Theobromine.....mg	0		0	FLC	4	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18210

Cookies, vanilla sandwich with creme filling

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code						

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 15.0g: 1 cookie, oval (3-1/8" x 1-1/4" x 3/8")

Measure 3 = 10.0g: 1 cookie, round (1-3/4" dia)

Calories Factors: Protein 4

Fat 8.8

Carbohydrate4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18213
Cookies, vanilla wafers, higher fat

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	4.20	0.297	14		1		1.19	0.25	
Energy.....kcal	473		0	NC	4		134	28	
Energy.....kJ	1979				4		561	119	
Protein (N x 5.7).....g	4.30	0.045	14		1		1.22	0.26	
Total lipid (fat).....g	19.40	0.340	14		1		5.50	1.16	
Ash.....g	1.00	0.028	14		1		0.28	0.06	
Carbohydrate, by difference.....g	71.10		0		4		20.16	4.27	
Fiber, total dietary.....g	2.0		0		1		0.6	0.1	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	25	0.983	14		1		7	2	
Iron, Fe.....mg	2.21	0.133	14		1		0.63	0.13	
Magnesium, Mg.....mg	12	0.413	13		1		3	1	
Phosphorus, P.....mg	64	1.527	14		1		18	4	
Potassium, K.....mg	107	4.156	14		1		30	6	
Sodium, Na.....mg	306	6.537	14		1		87	18	
Zinc, Zn.....mg	0.33	0.013	10		1		0.09	0.02	
Copper, Cu.....mg	0.124	0.024	9		1		0.035	0.007	
Manganese, Mn.....mg	0.384	0.153	8		1		0.109	0.023	
Selenium, Se.....µg	11.3	1.259	3	A	1		3.2	0.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.361	0.023	14		1		0.102	0.022	
Riboflavin.....mg	0.209	0.016	14		1		0.059	0.013	
Niacin.....mg	2.976	0.153	14		1		0.844	0.179	
Pantothenic acid.....mg	0.284		0	FLA	4		0.081	0.017	
Vitamin B-6.....mg	0.024		0	FLA	4		0.007	0.001	
Folate, total.....µg	43		0	FLA	4		12	3	
Folic acid.....µg	35		0	NC	4		10	2	
Folate, food.....µg	8		0		4		2	0	
Folate, DFE.....mcg_DFE	68		0	NC	4		19	4	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.04		0	FLA	4		0.01	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	1		0	FLA	4		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	4.936		0	FLA	4		1.399	0.296	
4:0.....g	0.001		0	FLA	4		0.000	0.000	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.097		0	FLA	4		0.027	0.006	
15:0.....g									
16:0.....g	2.526		0	FLA	4		0.716	0.152	
17:0.....g									
18:0.....g	2.307		0	FLA	4		0.654	0.138	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	11.076		0	FLA	4		3.140	0.665	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	FLA	4		0.001	0.000	
17:1.....g									
18:1 undifferentiated.....g	11.074		0	FLA	4		3.139	0.664	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.437		0	FLA	4		0.691	0.146	
18:2 undifferentiated.....g	2.314		0	FLA	4		0.656	0.139	
18:3 undifferentiated.....g	0.123		0	FLA	4		0.035	0.007	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.062		0		4		0.018	0.004	
Threonine.....g	0.131		0		4		0.037	0.008	
Isoleucine.....g	0.169		0		4		0.048	0.010	
Leucine.....g	0.303		0		4		0.086	0.018	
Lysine.....g	0.165		0		4		0.047	0.010	
Methionine.....g	0.073		0		4		0.021	0.004	
Cystine.....g	0.093		0		4		0.026	0.006	
Phenylalanine.....g	0.200		0		4		0.057	0.012	
Tyrosine.....g	0.123		0		4		0.035	0.007	
Valine.....g	0.193		0		4		0.055	0.012	
Arginine.....g	0.163		0		4		0.046	0.010	
Histidine.....g	0.087		0		4		0.025	0.005	
Alanine.....g	0.136		0		4		0.039	0.008	
Aspartic acid.....g	0.199		0		4		0.056	0.012	
Glutamic acid.....g	1.375		0		4		0.390	0.083	
Glycine.....g	0.141		0		4		0.040	0.008	
Proline.....g	0.465		0		4		0.132	0.028	
Serine.....g	0.226		0		4		0.064	0.014	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18213

Cookies, vanilla wafers, higher fat

Measure 2 = 6.0g: 1 wafer

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18212
Cookies, vanilla wafers, lower fat

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	5.10	0.111	47		1		1.45	4.08	0.31
Energy.....kcal	441		0	NC	4		125	353	26
Energy.....kJ	1845		0		4		523	1476	111
Protein (N x 5.9).....g	5.00	0.055	48		1		1.42	4.00	0.30
Total lipid (fat).....g	15.20	0.219	46		1		4.31	12.16	0.91
Ash.....g	1.10	0.023	45		1		0.31	0.88	0.07
Carbohydrate, by difference.....g	73.60		0	NC	4		20.87	58.88	4.42
Fiber, total dietary.....g	1.9		0		1		0.5	1.5	0.1
Sugars, total.....g	37.50		0	FLC	4		10.63	30.00	2.25
Starch.....g									
Minerals:									
Calcium, Ca.....mg	48	1.163	51		1		14	38	3
Iron, Fe.....mg	2.38	0.059	48		1		0.67	1.90	0.14
Magnesium, Mg.....mg	14	0.624	47		1		4	11	1
Phosphorus, P.....mg	104	1.755	47		1		29	83	6
Potassium, K.....mg	97	1.863	46		1		27	78	6
Sodium, Na.....mg	388		0	LC	8		110	310	23
Zinc, Zn.....mg	0.36	0.012	49		1		0.10	0.29	0.02
Copper, Cu.....mg	0.100	0.009	45		1		0.028	0.080	0.006
Manganese, Mn.....mg	0.262	0.009	44		1		0.074	0.210	0.016
Selenium, Se.....µg	11.3	1.259	3	A	1		3.2	9.0	0.7
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.275	0.011	45		1		0.078	0.220	0.017
Riboflavin.....mg	0.320	0.017	45		1		0.091	0.256	0.019
Niacin.....mg	3.106	0.083	46		1		0.881	2.485	0.186
Pantothenic acid.....mg	0.410	0.083	4		1		0.116	0.328	0.025
Vitamin B-6.....mg	0.073		2		1		0.021	0.058	0.004
Folate, total.....µg	60		0	FLA	4		17	48	4
Folic acid.....µg	51		0		4		14	41	3
Folate, food.....µg	9		0		4		3	7	1
Folate, DFE.....mcg_DFE	96		0	NC	4		27	77	6
Choline, total.....mg	27.6		0	FLC	4		7.8	22.1	1.7
Betaine.....mg									
Vitamin B-12.....µg	0.13		0	FLA	4		0.04	0.10	0.01
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	8		0	NC	4		2	7	0
Retinol.....µg	8		0	FLA	4		2	6	0
Carotene, beta.....µg	1		0	FLA	4		0	1	0
Carotene, alpha.....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....µg	1		0	FLA	4		0	1	0
Vitamin A, IU.....IU	30		0	NC	4		8	24	2
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	41		0	FLA	4		11	32	2
Vitamin E (alpha-tocopherol).....mg	0.23		0	FLA	4		0.07	0.19	0.01
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	6.0		0	FLA	4		1.7	4.8	0.4
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 18212
Cookies, vanilla wafers, lower fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	measures of food				
					Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	3.838		0	FLA	4		1.088	3.070	0.230
4:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
12:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.060		0	FLA	4		0.017	0.048	0.004
15:0.....g									
16:0.....g	2.244		0	FLA	4		0.636	1.795	0.135
17:0.....g									
18:0.....g	1.543		0	FLA	4		0.437	1.234	0.093
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.544		0	FLA	4		1.855	5.235	0.393
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.031		0	FLA	4		0.009	0.025	0.002
17:1.....g									
18:1 undifferentiated.....g	6.508		0	FLA	4		1.845	5.206	0.390
20:1.....g	0.003		0	FLA	4		0.001	0.002	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.887		0	FLA	4		1.102	3.110	0.233
18:2 undifferentiated.....g	3.625		0	FLA	4		1.028	2.900	0.218
18:3 undifferentiated.....g	0.231		0	FLA	4		0.065	0.185	0.014
18:4.....g	0.002		0	FLA	4		0.001	0.002	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.017		0	FLA	4		0.005	0.014	0.001
20:5 n-3 (EPA).....g	0.008		0	FLA	4		0.002	0.006	0.000
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.005		0	FLA	4		0.001	0.004	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	51		0	FLA	4		14	41	3
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.068		0		1		0.019	0.054	0.004
Threonine.....g	0.169		0		1		0.048	0.135	0.010
Isoleucine.....g	0.213		0		1		0.060	0.170	0.013
Leucine.....g	0.365		0		1		0.103	0.292	0.022
Lysine.....g	0.230		0		1		0.065	0.184	0.014
Methionine.....g	0.105		0		1		0.030	0.084	0.006
Cystine.....g	0.110		0		1		0.031	0.088	0.007
Phenylalanine.....g	0.243		0		1		0.069	0.194	0.015
Tyrosine.....g	0.160		0		1		0.045	0.128	0.010
Valine.....g	0.244		0		1		0.069	0.195	0.015
Arginine.....g	0.221		0		1		0.063	0.177	0.013
Histidine.....g	0.106		0		1		0.030	0.085	0.006
Alanine.....g	0.188		0		1		0.053	0.150	0.011
Aspartic acid.....g	0.297		0		1		0.084	0.238	0.018
Glutamic acid.....g	1.335		0		1		0.378	1.068	0.080
Glycine.....g	0.167		0		1		0.047	0.134	0.010
Proline.....g	0.444		0		1		0.126	0.355	0.027
Serine.....g	0.293		0		1		0.083	0.234	0.018
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18212
Cookies, vanilla wafers, lower fat

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 28.35g: 1 oz
- Measure 2 = 80g: 1 cup, crumbs
- Measure 3 = 6.0g: 1 large

Calories Factors: Protein 4.1 Fat 8.8 Carbohydrate 3.9

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 24 (2011)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	7.60	0.456	13		1		2.15	8.74	
Energy.....kcal	383		0	NC	4		109	441	
Energy.....kJ	1603		0	NC	4		455	1844	
Protein (N x 5.7).....g	9.30	0.267	16		1		2.64	10.70	
Total lipid (fat).....g	1.70	0.156	15		1		0.48	1.96	
Ash.....g	0.60	0.094	13		1		0.17	0.69	
Carbohydrate, by difference.....g	80.90		0	NC	4		22.94	93.04	
Fiber, total dietary.....g	2.6		0		4		0.7	2.9	
Sugars, total.....g	0.33		0	FLC	4		0.09	0.38	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	23	1.096	15		1		7	26	
Iron, Fe.....mg	4.64	0.143	16		1		1.32	5.34	
Magnesium, Mg.....mg	24	0.894	15		1		7	28	
Phosphorus, P.....mg	104	3.643	16		1		29	120	
Potassium, K.....mg	115	4.413	14		1		33	132	
Sodium, Na.....mg	16		0	LC	8		5	18	
Zinc, Zn.....mg	0.69	0.042	15		1		0.20	0.79	
Copper, Cu.....mg	0.225	0.031	15		1		0.064	0.259	
Manganese, Mn.....mg	0.944	0.254	11		1		0.268	1.086	
Selenium, Se.....µg	42.3		0	FLA	4		12.0	48.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.696	0.036	14		1		0.197	0.800	
Riboflavin.....mg	0.468	0.024	14		1		0.133	0.538	
Niacin.....mg	5.707	0.157	15		1		1.618	6.563	
Pantothenic acid.....mg	0.467		0	FLA	4		0.132	0.537	
Vitamin B-6.....mg	0.039		0	FLA	4		0.011	0.045	
Folate, total.....µg	136		0	FLC	4		39	157	
Folic acid.....µg	114		0		4		32	131	
Folate, food.....µg	22		0		4		6	25	
Folate, DFE.....mcg_DFE	216		0	NC	4		61	248	
Choline, total.....mg	19.6		0	BFZN	4		5.6	22.5	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	FLC	4		0	0	
Carotene, beta.....µg	0		0	FLC	4		0	0	
Carotene, alpha.....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLC	4		0	0	
Vitamin A, IU.....IU	0		0		1		0	0	
Lycopene.....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....µg	76		0	FLC	4		21	87	
Vitamin E (alpha-tocopherol).....mg	0.43		0	FLC	4		0.12	0.49	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.3		0	FLC	4		0.1	0.4	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total saturated.....g	0.271		0		1		0.077	0.312	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.259		0		1		0.073	0.298	
17:0.....g									
18:0.....g	0.012		0		1		0.003	0.014	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.152		0		1		0.043	0.175	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.152		0		1		0.043	0.175	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.722		0		1		0.205	0.830	
18:2 undifferentiated.....g	0.683		0		1		0.194	0.785	
18:3 undifferentiated.....g	0.039		0		1		0.011	0.045	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.107		0		1		0.030	0.123	
Threonine.....g	0.247		0		1		0.070	0.284	
Isoleucine.....g	0.342		0		1		0.097	0.393	
Leucine.....g	0.639		0		1		0.181	0.735	
Lysine.....g	0.179		0		1		0.051	0.206	
Methionine.....g	0.162		0		1		0.046	0.186	
Cystine.....g	0.208		0		1		0.059	0.239	
Phenylalanine.....g	0.456		0		1		0.129	0.524	
Tyrosine.....g	0.253		0		1		0.072	0.291	
Valine.....g	0.388		0		1		0.110	0.446	
Arginine.....g	0.321		0		1		0.091	0.369	
Histidine.....g	0.196		0		1		0.056	0.225	
Alanine.....g	0.282		0		1		0.080	0.324	
Aspartic acid.....g	0.373		0		1		0.106	0.429	
Glutamic acid.....g	3.241		0		1		0.919	3.727	
Glycine.....g	0.316		0		1		0.090	0.363	
Proline.....g	1.087		0		1		0.308	1.250	
Serine.....g	0.448		0		1		0.127	0.515	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18236

Cracker meal

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 115g: 1 cup

Calories Factors: Protein 4

Fat 8.4

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18434
Crackers, cheese, low sodium

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.10	0.124	48		1		0.44	1.92	2.23
Energy.....kcal	503		0	NC	4		71	312	362
Energy.....kJ	2105		0		4		299	1305	1515
Protein.....g	10.10	0.228	47		1		1.43	6.26	7.27
Total lipid (fat).....g	25.30	0.541	51		1		3.59	15.69	18.22
Ash.....g	3.30	0.118	43		1		0.47	2.05	2.38
Carbohydrate, by difference.....g	58.20		0	NC	4		8.26	36.08	41.90
Fiber, total dietary.....g	2.4		0		4		0.3	1.5	1.7
Sugars, total.....g	0.28		0	FLA	4		0.04	0.17	0.20
Starch.....g									
Minerals:									
Calcium, Ca.....mg	151	11.424	48		1		21	94	109
Iron, Fe.....mg	4.77	0.206	45		1		0.68	2.96	3.43
Magnesium, Mg.....mg	36	2.525	43		1		5	22	26
Phosphorus, P.....mg	218	11.747	44		1		31	135	157
Potassium, K.....mg	106		0		1		15	66	76
Sodium, Na.....mg	458		0		1		65	284	330
Zinc, Zn.....mg	1.13	0.035	42		1		0.16	0.70	0.81
Copper, Cu.....mg	0.210	0.017	42		1		0.030	0.130	0.151
Manganese, Mn.....mg	0.629	0.013	36		1		0.089	0.390	0.453
Selenium, Se.....µg	8.6		1	A	1		1.2	5.3	6.2
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.570	0.018	42		1		0.081	0.353	0.410
Riboflavin.....mg	0.428	0.015	42		1		0.061	0.265	0.308
Niacin.....mg	4.671	0.104	41		1		0.663	2.896	3.363
Pantothenic acid.....mg	0.526	0.107	4		1		0.075	0.326	0.379
Vitamin B-6.....mg	0.553	0.424	3		1		0.079	0.343	0.398
Folate, total.....µg	89		0	FLA	4		13	55	64
Folic acid.....µg	64		0		4		9	40	46
Folate, food.....µg	25		1		1		4	16	18
Folate, DFE.....mcg_DFE	134		0	NC	4		19	83	96
Choline, total.....mg	8.7		0	BFZN	4		1.2	5.4	6.2
Betaine.....mg									
Vitamin B-12.....µg	0.46		1		1		0.07	0.29	0.33
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	17		0	NC	4		2	11	12
Retinol.....µg	11		0	FLA	4		2	7	8
Carotene, beta.....µg	63		0	FLA	4		9	39	45
Carotene, alpha.....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....µg	17		0	FLA	4		2	11	12
Vitamin A, IU.....IU	156		0	NC	4		22	96	112
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	34		0	FLA	4		5	21	24
Vitamin E (alpha-tocopherol).....mg	0.30		0	FLA	4		0.04	0.19	0.22
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	11.2		0	FLA	4		1.6	6.9	8.0
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 18434
Crackers, cheese, low sodium

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	9.638		0	BFZN	4		1.369	5.976	6.939
4:0.....g	0.268		0	BFZN	4		0.038	0.166	0.193
6:0.....g	0.135		0	BFZN	4		0.019	0.084	0.097
8:0.....g	0.071		0	BFZN	4		0.010	0.044	0.051
10:0.....g	0.154		0	BFZN	4		0.022	0.095	0.111
12:0.....g	0.139		0	BFZN	4		0.020	0.086	0.100
13:0.....g									
14:0.....g	0.935		0	BFZN	4		0.133	0.580	0.673
15:0.....g									
16:0.....g	4.700		0	BFZN	4		0.667	2.914	3.384
17:0.....g									
18:0.....g	2.989		0	BFZN	4		0.424	1.853	2.152
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	11.852		0	BFZN	4		1.683	7.348	8.533
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.262		0	BFZN	4		0.037	0.162	0.189
17:1.....g									
18:1 undifferentiated.....g	11.467		0	BFZN	4		1.628	7.110	8.256
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.457		0	BFZN	4		0.349	1.523	1.769
18:2 undifferentiated.....g	2.250		0	BFZN	4		0.320	1.395	1.620
18:3 undifferentiated.....g	0.207		0	BFZN	4		0.029	0.128	0.149
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	13		1		1		2	8	9
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.129		0		1		0.018	0.080	0.093
Threonine.....g	0.295		0		1		0.042	0.183	0.212
Isoleucine.....g	0.424		0		1		0.060	0.263	0.305
Leucine.....g	0.744		0		1		0.106	0.461	0.536
Lysine.....g	0.418		0		1		0.059	0.259	0.301
Methionine.....g	0.194		0		1		0.028	0.120	0.140
Cystine.....g	0.168		0		1		0.024	0.104	0.121
Phenylalanine.....g	0.490		0		1		0.070	0.304	0.353
Tyrosine.....g	0.340		0		1		0.048	0.211	0.245
Valine.....g	0.478		0		1		0.068	0.296	0.344
Arginine.....g	0.386		0		1		0.055	0.239	0.278
Histidine.....g	0.245		0		1		0.035	0.152	0.176
Alanine.....g	0.304		0		1		0.043	0.188	0.219
Aspartic acid.....g	0.480		0		1		0.068	0.298	0.346
Glutamic acid.....g	3.034		0		1		0.431	1.881	2.184
Glycine.....g	0.302		0		1		0.043	0.187	0.217
Proline.....g	1.110		0		1		0.158	0.688	0.799
Serine.....g	0.521		0		1		0.074	0.323	0.375
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18434
Crackers, cheese, low sodium

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code						

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 14.2g: .5 oz
Measure 2 = 62g: 1 cup Cheez-its
Measure 3 = 72g: 1 cup, crushed

Calories Factors: Protein Fat Carbohydrate

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18965
Crackers, cheese, reduced fat

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	7.30		0	FLC	4		2.19		
Energy.....kcal	418		0	NC	4		125		
Energy.....kJ	1748		0	NC	4		524		
Protein (N x 6.25).....g	10.00		1	LC	8		3.00		
Total lipid (fat).....g	11.67		1	LC	8		3.50		
Ash.....g	2.84		0	FLC	4		0.85		
Carbohydrate, by difference.....g	68.19		0	NC	4		20.46		
Fiber, total dietary.....g	3.3		1	LC	8		1.0		
Sugars, total.....g	0.00		1	LC	8		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	67		1	LC	8		20		
Iron, Fe.....mg	4.80		1	LC	8		1.44		
Magnesium, Mg.....mg	22		0	FLC	4		6		
Phosphorus, P.....mg	162		0	FLC	4		49		
Potassium, K.....mg	141		0	FLC	4		42		
Sodium, Na.....mg	1167		1	LC	8		350		
Zinc, Zn.....mg	0.90		0	FLC	4		0.27		
Copper, Cu.....mg	0.118		0	FLC	4		0.035		
Manganese, Mn.....mg	0.517		0	FLC	4		0.155		
Selenium, Se.....µg	26.2		0	FLC	4		7.9		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	LC	8		0.0		
Thiamin.....mg	1.087		0	FLC	4		0.326		
Riboflavin.....mg	0.750		0	FLC	4		0.225		
Niacin.....mg	7.170		0	FLC	4		2.151		
Pantothenic acid.....mg	0.528		0	FLC	4		0.158		
Vitamin B-6.....mg	0.044		0	FLC	4		0.013		
Folate, total.....µg	228		0	FLC	4		68		
Folic acid.....µg	174		0	FLC	4		52		
Folate, food.....µg	54		0	FLC	4		16		
Folate, DFE.....mcg_DFE	349		0	NC	4		105		
Choline, total.....mg	2.5		0	FLC	4		0.7		
Betaine.....mg									
Vitamin B-12.....µg	0.03		0	FLC	4		0.01		
Vitamin B-12, added.....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE.....mcg_RAE	9		0	FLC	4		3		
Retinol.....µg	8		0	FLC	4		2		
Carotene, beta.....µg	16		0	FLC	4		5		
Carotene, alpha.....µg	0		0	FLC	4		0		
Cryptoxanthin, beta.....µg	3		0	FLC	4		1		
Vitamin A, IU.....IU	56		0	FLC	4		17		
Lycopene.....µg	0		0	FLC	4		0		
Lutein + zeaxanthin.....µg	68		0	FLC	4		20		
Vitamin E (alpha-tocopherol).....mg	1.88		0	FLC	4		0.56		
Vitamin E, added.....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	AS	1		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	0.0		0	FLC	4		0.0		
Vitamin D.....IU	1		0	FLC	4		0		
Vitamin K (phylloquinone).....µg	3.8		0	FLC	4		1.1		
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									
Lipids:									

NDB No. 18965
Crackers, cheese, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	3.333		1	LC	8		1.000		
4:0.....g	0.033		0	FLC	4		0.010		
6:0.....g	0.016		0	FLC	4		0.005		
8:0.....g	0.009		0	FLC	4		0.003		
10:0.....g	0.019		0	FLC	4		0.006		
12:0.....g	0.017		0	FLC	4		0.005		
13:0.....g	0.000		0	FLC	4		0.000		
14:0.....g	0.146		0	FLC	4		0.044		
15:0.....g	0.000		0	FLC	4		0.000		
16:0.....g	2.408		0	FLC	4		0.723		
17:0.....g	0.000		0	FLC	4		0.000		
18:0.....g	0.656		0	FLC	4		0.197		
20:0.....g	0.000		0	FLC	4		0.000		
22:0.....g	0.000		0	FLC	4		0.000		
24:0.....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated.....g	2.121		0	FLC	4		0.636		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated.....g	0.033		0	FLC	4		0.010		
17:1.....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated.....g	2.081		0	FLC	4		0.624		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated.....g	5.273		0	FLC	4		1.582		
18:2 undifferentiated.....g	4.960		0	FLC	4		1.488		
18:3 undifferentiated.....g	0.313		0	FLC	4		0.094		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.000		1	LC	8		0.000		
Cholesterol.....mg	0		1	LC	8		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.106		0	FLC	4		0.032		
Threonine.....g	0.243		0	FLC	4		0.073		
Isoleucine.....g	0.320		0	FLC	4		0.096		
Leucine.....g	0.610		0	FLC	4		0.183		
Lysine.....g	0.245		0	FLC	4		0.073		
Methionine.....g	0.158		0	FLC	4		0.047		
Cystine.....g	0.168		0	FLC	4		0.050		
Phenylalanine.....g	0.432		0	FLC	4		0.130		
Tyrosine.....g	0.274		0	FLC	4		0.082		
Valine.....g	0.367		0	FLC	4		0.110		
Arginine.....g	0.346		0	FLC	4		0.104		
Histidine.....g	0.201		0	FLC	4		0.060		
Alanine.....g	0.278		0	FLC	4		0.083		
Aspartic acid.....g	0.388		0	FLC	4		0.116		
Glutamic acid.....g	2.781		0	FLC	4		0.834		
Glycine.....g	0.296		0	FLC	4		0.089		
Proline.....g	0.978		0	FLC	4		0.293		
Serine.....g	0.434		0	FLC	4		0.130		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18965
Crackers, cheese, reduced fat

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 30g: 1 serving

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 24 (2011)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	1		0	FLA	4		0	0	0
Vitamin K (phylloquinone).....µg	9.4		2	A	1		1.3	5.8	6.7
Dihydrophyloquinone.....µg	0.0		2	A	1		0.0	0.0	0.0
Menquinone-4.....µg	0.0		2	A	1		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated.....g	5.288		0	NC	4		0.751	3.278	3.807
4:0.....g	0.020	0.002	12	A	1		0.003	0.012	0.014
6:0.....g	0.013	0.002	12	A	1		0.002	0.008	0.009
8:0.....g	0.010	0.001	12	A	1		0.001	0.007	0.008
10:0.....g	0.023	0.002	12	A	1		0.003	0.014	0.017
12:0.....g	0.031	0.003	12	A	1		0.004	0.019	0.022
13:0.....g									
14:0.....g	0.126	0.009	12	A	1		0.018	0.078	0.091
15:0.....g	0.014	0.001	12	A	1		0.002	0.008	0.010
16:0.....g	3.469	0.070	12	A	1		0.493	2.151	2.497
17:0.....g	0.026	0.001	12	A	1		0.004	0.016	0.019
18:0.....g	1.406	0.051	12	A	1		0.200	0.872	1.013
20:0.....g	0.067	0.002	12	A	1		0.010	0.041	0.048
22:0.....g	0.058	0.002	12	A	1		0.008	0.036	0.042
24:0.....g	0.023	0.001	12	A	1		0.003	0.014	0.017
Fatty acids, total monounsaturated.....g	5.744		0	NC	4		0.816	3.561	4.136
14:1.....g	0.008	0.001	12	A	1		0.001	0.005	0.006
15:1.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.036	0.002	12	AS	1		0.005	0.022	0.026
16:1 c.....g	0.033	0.002	12	A	1		0.005	0.020	0.024
16:1 t.....g	0.003	0.000	12	A	1		0.000	0.002	0.002
17:1.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	5.688	0.137	12	AS	1		0.808	3.527	4.096
18:1 c.....g	5.244	0.118	12	A	1		0.745	3.251	3.775
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.445	0.025	12	A	1		0.063	0.276	0.320
18:1-11t (18:1t n-7).....g									
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.007	0.000	12	AS	1		0.001	0.004	0.005
22:1 c.....g	0.004	0.000	12	A	1		0.001	0.003	0.003
22:1 t.....g	0.003	0.000	12	A	1		0.000	0.002	0.002
24:1 c.....g	0.005	0.000	12	A	1		0.001	0.003	0.003
Fatty acids, total polyunsaturated.....g	10.090		0	NC	4		1.433	6.256	7.265
18:2 undifferentiated.....g	9.358	0.214	12	AS	1		1.329	5.802	6.738
18:2 n-6 c,c.....g	9.250	0.210	12	A	1		1.313	5.735	6.660
18:2 CLAs.....g	0.017	0.001	12	A	1		0.002	0.011	0.013
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.091	0.004	12	A	1		0.013	0.057	0.066
18:3 undifferentiated.....g	0.716	0.025	12	AS	1		0.102	0.444	0.515
18:3 n-3 c,c,c (ALA).....g	0.715	0.025	12	A	1		0.102	0.444	0.515
18:3 n-6 c,c,c.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
18:3i.....g									
18:4.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.007	0.000	12	A	1		0.001	0.005	0.005
20:3 undifferentiated.....g	0.001	0.000	12	AS	1		0.000	0.000	0.000
20:3 n-3.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
20:3 n-6.....g	0.001	0.000	12	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.003	0.000	12	A	1		0.000	0.002	0.002
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.001	0.000	12	A	1		0.000	0.000	0.001
21:5.....g									
22:4.....g	0.003	0.000	12	A	1		0.000	0.002	0.002
22:5 n-3 (DPA).....g	0.001	0.000	12	A	1		0.000	0.000	0.000

NDB No. 18214
Crackers, cheese, regular

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number			measures of food			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
22:6 n-3 (DHA).....g	0.000	0.000	12	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.542		0	NC	4		0.077	0.336	0.390
Fatty acids, total trans-monoenoic.....g	0.451		0	NC	4		0.064	0.279	0.325
Fatty acids, total trans-polyenoic.....g	0.091		0	NC	4		0.013	0.057	0.066
Cholesterol.....mg	3	0.047	6	A	1		0	2	2
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.129		0		1		0.018	0.080	0.093
Threonine.....g	0.295		0		1		0.042	0.183	0.212
Isoleucine.....g	0.424		0		1		0.060	0.263	0.305
Leucine.....g	0.744		0		1		0.106	0.461	0.536
Lysine.....g	0.418		0		1		0.059	0.259	0.301
Methionine.....g	0.194		0		1		0.028	0.120	0.140
Cystine.....g	0.168		0		1		0.024	0.104	0.121
Phenylalanine.....g	0.490		0		1		0.070	0.304	0.353
Tyrosine.....g	0.340		0		1		0.048	0.211	0.245
Valine.....g	0.478		0		1		0.068	0.296	0.344
Arginine.....g	0.386		0		1		0.055	0.239	0.278
Histidine.....g	0.245		0		1		0.035	0.152	0.176
Alanine.....g	0.304		0		1		0.043	0.188	0.219
Aspartic acid.....g	0.480		0		1		0.068	0.298	0.346
Glutamic acid.....g	3.034		0		1		0.431	1.881	2.184
Glycine.....g	0.302		0		1		0.043	0.187	0.217
Proline.....g	1.110		0		1		0.158	0.688	0.799
Serine.....g	0.521		0		1		0.074	0.323	0.375
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 14.2g: .5 oz
- Measure 2 = 62g: 1 cup, bite size
- Measure 3 = 72g: 1 cup, crushed

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

Crackers, cheese, sandwich-type with cheese filling

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin K (phylloquinone).....µg	20.5		2	A	1		8.0	1.3	
Dihydrophyloquinone.....µg	64.3		2	A	1		25.1	4.2	
Menaquinone-4.....µg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g	4.810		0	NC	4		1.876	0.313	
4:0.....g	0.000	0.000	3	A	1		0.000	0.000	
6:0.....g	0.000	0.000	3	A	1		0.000	0.000	
8:0.....g	0.000	0.000	3	A	1		0.000	0.000	
10:0.....g	0.000	0.000	3	A	1		0.000	0.000	
12:0.....g	0.000	0.000	3	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.200	0.010	3	A	1		0.078	0.013	
15:0.....g	0.000	0.000	3	A	1		0.000	0.000	
16:0.....g	2.703	0.047	3	A	1		1.054	0.176	
17:0.....g	0.000	0.000	3	A	1		0.000	0.000	
18:0.....g	1.790	0.017	3	A	1		0.698	0.116	
20:0.....g	0.117	0.007	3	A	1		0.045	0.008	
22:0.....g	0.000	0.000	3	A	1		0.000	0.000	
24:0.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	14.307		0	NC	4		5.580	0.930	
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	14.177	0.345	3	A	1		5.529	0.921	
20:1.....g	0.130	0.010	3	A	1		0.051	0.008	
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.327		0	NC	4		0.907	0.151	
18:2 undifferentiated.....g	2.293	0.037	3	A	1		0.894	0.149	
18:3 undifferentiated.....g	0.033	0.033	3	A	1		0.013	0.002	
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	6	0.094	3	A	1		2	0	
Phytosterols.....mg	44		0	FLC	4		17	3	
<u>Amino Acids:</u>									
Tryptophan.....g	0.110		0	FLC	4		0.043	0.007	
Threonine.....g	0.330		0	FLC	4		0.129	0.021	
Isoleucine.....g	0.357		0	FLC	4		0.139	0.023	
Leucine.....g	0.638		0	FLC	4		0.249	0.041	
Lysine.....g	0.386		0	FLC	4		0.150	0.025	
Methionine.....g	0.151		0	FLC	4		0.059	0.010	
Cystine.....g	0.155		0	FLC	4		0.060	0.010	
Phenylalanine.....g	0.350		0	FLC	4		0.136	0.023	
Tyrosine.....g	0.249		0	FLC	4		0.097	0.016	
Valine.....g	0.381		0	FLC	4		0.149	0.025	
Arginine.....g	0.292		0	FLC	4		0.114	0.019	
Histidine.....g	0.175		0	FLC	4		0.068	0.011	
Alanine.....g	0.298		0	FLC	4		0.116	0.019	
Aspartic acid.....g	0.518		0	FLC	4		0.202	0.034	
Glutamic acid.....g	2.161		0	FLC	4		0.843	0.140	
Glycine.....g	0.236		0	FLC	4		0.092	0.015	
Proline.....g	0.768		0	FLC	4		0.300	0.050	
Serine.....g	0.401		0	FLC	4		0.156	0.026	
Hydroxyproline.....g									
<u>Others:</u>									

NDB No. 18927

Crackers, cheese, sandwich-type with cheese filling

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 39g: 6 cracker 1 cracker = 6.5g

Measure 2 = 6.5g: 1 sandwich

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18215

Crackers, cheese, sandwich-type with peanut butter filling

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.28	0.076	6	A	1		0.47	2.72	1.28
Energy.....kcal	496		0	NC	4		70	411	193
Energy.....kJ	2074		0	NC	4		295	1722	809
Protein (N x 5.6).....g	12.41	0.140	6	A	1		1.76	10.30	4.84
Total lipid (fat).....g	25.12	0.075	6	A	1		3.57	20.85	9.80
Ash.....g	2.46	0.092	6	A	1		0.35	2.04	0.96
Carbohydrate, by difference.....g	56.74		0	NC	4		8.06	47.09	22.13
Fiber, total dietary.....g	3.4	0.193	3	A	1		0.5	2.8	1.3
Sugars, total.....g	6.98	0.535	3	A	1		0.99	5.79	2.72
Starch.....g									
Minerals:									
Calcium, Ca.....mg	50	0.919	6	A	1		7	42	20
Iron, Fe.....mg	2.72	0.126	6	A	1		0.39	2.26	1.06
Magnesium, Mg.....mg	56	0.741	6	A	1		8	46	22
Phosphorus, P.....mg	268	7.928	6	A	1		38	222	104
Potassium, K.....mg	218	4.677	6	A	1		31	181	85
Sodium, Na.....mg	913		0	LC	8		130	758	356
Zinc, Zn.....mg	1.04	0.021	6	A	1		0.15	0.87	0.41
Copper, Cu.....mg	0.302	0.009	6	A	1		0.043	0.250	0.118
Manganese, Mn.....mg	0.822	0.011	6	A	1		0.117	0.682	0.320
Selenium, Se.....µg	8.2		2	A	1		1.2	6.8	3.2
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	3	A	1		0.0	0.0	0.0
Thiamin.....mg	0.552	0.028	6	A	1		0.078	0.458	0.215
Riboflavin.....mg	0.294	0.010	6	A	1		0.042	0.244	0.115
Niacin.....mg	5.831	0.144	6	A	1		0.828	4.840	2.274
Pantothenic acid.....mg	0.485	0.018	3	A	1		0.069	0.403	0.189
Vitamin B-6.....mg	0.151	0.007	6	A	1		0.022	0.126	0.059
Folate, total.....µg	94	2.330	5	A	1		13	78	37
Folic acid.....µg	69		0	O	4		10	57	27
Folate, food.....µg	25	1.393	8		1		4	21	10
Folate, DFE.....mcg_DFE	142		0	NC	4		20	118	55
Choline, total.....mg	24.7		0	AS	1		3.5	20.5	9.6
Betaine.....mg									
Vitamin B-12.....µg	0.28	0.007	3	A	1		0.04	0.23	0.11
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		0	0	0
Retinol.....µg	1		0	FLA	4		0	0	0
Carotene, beta.....µg	0		0	FLA	4		0	0	0
Carotene, alpha.....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	0
Vitamin A, IU.....IU	2		0	NC	4		0	2	1
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	7		0	FLA	4		1	6	3
Vitamin E (alpha-tocopherol).....mg	2.37	0.040	3	A	1		0.34	1.97	0.92
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	12.0		2	A	1		1.7	9.9	4.7
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Crackers, cheese, sandwich-type with peanut butter filling

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	4.406		0	NC	4				
4:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
6:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
8:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
10:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
12:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
13:0.....g									
14:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
15:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
16:0.....g	3.307	0.370	3	A	1	0.470	2.744	1.290	
17:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
18:0.....g	0.550		2	A	1	0.078	0.456	0.214	
20:0.....g	0.170	0.006	3	A	1	0.024	0.141	0.066	
22:0.....g	0.380	0.012	3	A	1	0.054	0.315	0.148	
24:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
Fatty acids, total monounsaturated.....g	13.003		0	NC	4	1.846	10.793	5.071	
14:1.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	12.770	0.216	3	A	1	1.813	10.599	4.980	
20:1.....g	0.233	0.009	3	A	1	0.033	0.194	0.091	
22:1 undifferentiated.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.093		0	NC	4	0.723	4.227	1.986	
18:2 undifferentiated.....g	5.093	0.086	3	A	1	0.723	4.227	1.986	
18:3 undifferentiated.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
18:4.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.000	3	A	1	0	0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.135		0	FLA	4	0.019	0.112	0.053	
Threonine.....g	0.415		0	FLA	4	0.059	0.344	0.162	
Isoleucine.....g	0.451		0	FLA	4	0.064	0.374	0.176	
Leucine.....g	0.846		0	FLA	4	0.120	0.703	0.330	
Lysine.....g	0.415		0	FLA	4	0.059	0.345	0.162	
Methionine.....g	0.180		0	FLA	4	0.026	0.149	0.070	
Cystine.....g	0.198		0	FLA	4	0.028	0.164	0.077	
Phenylalanine.....g	0.644		0	FLA	4	0.091	0.534	0.251	
Tyrosine.....g	0.469		0	FLA	4	0.067	0.389	0.183	
Valine.....g	0.529		0	FLA	4	0.075	0.439	0.206	
Arginine.....g	1.164		0	FLA	4	0.165	0.966	0.454	
Histidine.....g	0.306		0	FLA	4	0.043	0.254	0.119	
Alanine.....g	0.474		0	FLA	4	0.067	0.394	0.185	
Aspartic acid.....g	1.215		0	FLA	4	0.172	1.008	0.474	
Glutamic acid.....g	3.148		0	FLA	4	0.447	2.612	1.228	
Glycine.....g	0.651		0	FLA	4	0.092	0.540	0.254	
Proline.....g	0.855		0	FLA	4	0.121	0.709	0.333	
Serine.....g	0.626		0	FLA	4	0.089	0.520	0.244	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4	0.0	0.0	0.0	
Caffeine.....mg	0		0	FLA	4	0	0	0	
Theobromine.....mg	0		0	FLA	4	0	0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18215

Crackers, cheese, sandwich-type with peanut butter filling

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Deriv	Source	Measure 1	Measure 2	Measure 3
			of Data	Code	Confidence			
			Points	Code	Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 14.2g: .5 oz
- Measure 2 = 83g: 1 cup, crushed
- Measure 3 = 39g: 6 cracker

Calories Factors: Protein 3.8

Fat 8.6

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18961
Crackers, cream, GAMESA SABROSAS

Latino food
 Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	4.45		6	A	1		1.38	0.14	
Energy.....kcal	484		0	LC	8		150	15	
Energy.....kJ	2025		0	LC	8		628	63	
Protein.....g	7.01		6	A	1		2.17	0.22	
Total lipid (fat).....g	20.37		6	A	1		6.31	0.63	
Ash.....g	3.62		6	A	1		1.12	0.11	
Carbohydrate, by difference.....g	64.55		0	NC	4		20.01	2.00	
Fiber, total dietary.....g	2.4		6	A	1		0.7	0.1	
Sugars, total.....g	9.37		6	A	1		2.91	0.29	
Sucrose.....g	6.22		6	A	1		1.93	0.19	
Glucose (dextrose).....g	0.92		6	A	1		0.29	0.03	
Fructose.....g	0.95		6	A	1		0.30	0.03	
Lactose.....g	0.00		6	A	1		0.00	0.00	
Maltose.....g	1.27		6	A	1		0.40	0.04	
Galactose.....g	0.00		6	A	1		0.00	0.00	
Starch.....g	51.87		6	A	1		16.08	1.61	
Minerals:									
Calcium, Ca.....mg	26		6	A	1		8	1	
Iron, Fe.....mg	7.38		6	A	1		2.29	0.23	
Magnesium, Mg.....mg	25		6	A	1		8	1	
Phosphorus, P.....mg	98		6	A	1		30	3	
Potassium, K.....mg	129		6	A	1		40	4	
Sodium, Na.....mg	1148		6	A	1		356	36	
Zinc, Zn.....mg	0.66		6	A	1		0.21	0.02	
Copper, Cu.....mg	0.111		6	A	1		0.034	0.003	
Manganese, Mn.....mg	0.778		6	A	1		0.241	0.024	
Selenium, Se.....µg	9.5		4	A	1		3.0	0.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.298		4	A	1		0.092	0.009	
Riboflavin.....mg	0.240		4	A	1		0.074	0.007	
Niacin.....mg	5.080		4	A	1		1.575	0.157	
Pantothenic acid.....mg	0.462		4	A	1		0.143	0.014	
Vitamin B-6.....mg	0.065		4	A	1		0.020	0.002	
Folate, total.....µg	149		4	A	1		46	5	
Folic acid.....µg	148		4	A	1		46	5	
Folate, food.....µg	2		4	AS	1		1	0	
Folate, DFE.....mcg_DFE	253		0	NC	4		78	8	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.46		2	A	1		0.14	0.01	
Vitamin A, RAE.....mcg_RAE									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU									
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	1.59		4	A	1		0.49	0.05	
Tocopherol, beta.....mg	0.37		4	A	1		0.11	0.01	
Tocopherol, gamma.....mg	5.38		4	A	1		1.67	0.17	
Tocopherol, delta.....mg	2.01		4	A	1		0.62	0.06	
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	17.9		4	A	1		5.5	0.6	

NDB No. 18961
Crackers, cream, GAME SA SABROSAS

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Dihydrophyloquinone.....µg	21.0		4	A	1		6.5	0.7	
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	5.362		0	NC	4		1.662	0.166	
4:0.....g	0.006		6	A	1		0.002	0.000	
6:0.....g	0.000		6	A	1		0.000	0.000	
8:0.....g	0.014		6	A	1		0.004	0.000	
10:0.....g	0.012		6	A	1		0.004	0.000	
12:0.....g	0.032		6	A	1		0.010	0.001	
13:0.....g									
14:0.....g	0.082		6	A	1		0.026	0.003	
15:0.....g	0.006		6	A	1		0.002	0.000	
16:0.....g	4.134		6	A	1		1.282	0.128	
17:0.....g	0.020		6	A	1		0.006	0.001	
18:0.....g	0.929		6	A	1		0.288	0.029	
20:0.....g	0.056		6	A	1		0.018	0.002	
22:0.....g	0.049		6	A	1		0.015	0.002	
24:0.....g	0.021		6	A	1		0.007	0.001	
Fatty acids, total monounsaturated.....g	10.625		0	NC	4		3.294	0.329	
14:1.....g	0.002		6	A	1		0.001	0.000	
15:1.....g	0.000		6	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.020		6	AS	1		0.006	0.001	
16:1 c.....g	0.019		6	A	1		0.006	0.001	
16:1 t.....g	0.001		6	A	1		0.000	0.000	
17:1.....g	0.007		6	A	1		0.002	0.000	
18:1 undifferentiated.....g	10.556		6	AS	1		3.272	0.327	
18:1 c.....g	7.346		6	A	1		2.277	0.228	
18:1-11c (18:1c n-7).....g									
18:1 t.....g	3.210		6	A	1		0.995	0.099	
18:1-11t (18:1t n-7).....g									
20:1.....g	0.036		6	A	1		0.011	0.001	
22:1 undifferentiated.....g	0.002		6	AS	1		0.000	0.000	
22:1 c.....g	0.002		6	A	1		0.000	0.000	
22:1 t.....g	0.000		6	A	1		0.000	0.000	
24:1 c.....g	0.003		6	A	1		0.001	0.000	
Fatty acids, total polyunsaturated.....g	2.450		0	NC	4		0.760	0.076	
18:2 undifferentiated.....g	2.402		6	AS	1		0.745	0.074	
18:2 n-6 c,c,c.....g	1.542		6	A	1		0.478	0.048	
18:2 CLAs.....g	0.102		6	A	1		0.032	0.003	
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.758		6	A	1		0.235	0.024	
18:3 undifferentiated.....g	0.045		6	AS	1		0.014	0.001	
18:3 n-3 c,c,c (ALA).....g	0.045		6	A	1		0.014	0.001	
18:3 n-6 c,c,c.....g	0.000		6	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		6	A	1		0.000	0.000	
20:2 n-6 c,c,c.....g	0.000		6	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		6	AS	1		0.000	0.000	
20:3 n-3.....g	0.000		6	A	1		0.000	0.000	
20:3 n-6.....g	0.000		6	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.001		6	A	1		0.000	0.000	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		6	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.003		6	A	1		0.001	0.000	
22:5 n-3 (DPA).....g	0.000		6	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		6	A	1		0.000	0.000	
Fatty acids, total trans.....g	3.969		0	NC	4		1.230	0.123	
Fatty acids, total trans-monoenoic.....g	3.210		0	NC	4		0.995	0.100	

NDB No. 18961
Crackers, cream, GAMESA SABROSAS

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total trans-polyenoic.....g	0.758		0	NC	4		0.235	0.024	
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 11 crackers (1 NLEA serving)

Measure 2 = 3.1g: 1 cracker

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18962
 Crackers, cream, LA MODERNA RIKIS CREAM CRACKERS

Latino food
 Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	4.48		2	A	1		1.43	0.14	
Energy.....kcal	422		0	LC	8		135	13	
Energy.....kJ	1766		0	LC	8		565	55	
Protein.....g	7.19		2	A	1		2.30	0.22	
Total lipid (fat).....g	19.50		2	A	1		6.24	0.60	
Ash.....g	3.95		2	A	1		1.26	0.12	
Carbohydrate, by difference.....g	64.88		0	NC	4		20.76	2.01	
Fiber, total dietary.....g	2.4		2	A	1		0.8	0.1	
Sugars, total.....g	10.41		2	A	1		3.33	0.32	
Sucrose.....g	7.97		2	A	1		2.55	0.25	
Glucose (dextrose).....g	0.95		2	A	1		0.30	0.03	
Fructose.....g	1.10		2	A	1		0.35	0.03	
Lactose.....g	0.00		2	A	1		0.00	0.00	
Maltose.....g	0.39		2	A	1		0.12	0.01	
Galactose.....g	0.00		2	A	1		0.00	0.00	
Starch.....g	51.10		2	A	1		16.35	1.58	
Minerals:									
Calcium, Ca.....mg	734		2	A	1		235	23	
Iron, Fe.....mg	6.64		2	A	1		2.12	0.21	
Magnesium, Mg.....mg	28		2	A	1		9	1	
Phosphorus, P.....mg	100		2	A	1		32	3	
Potassium, K.....mg	117		2	A	1		37	4	
Sodium, Na.....mg	752		2	A	1		240	23	
Zinc, Zn.....mg	4.11		2	A	1		1.32	0.13	
Copper, Cu.....mg	0.113		2	A	1		0.036	0.004	
Manganese, Mn.....mg	0.845		2	A	1		0.270	0.026	
Selenium, Se.....µg									
Lipids:									
Fatty acids, total saturated.....g	9.377		0	NC	4		3.001	0.291	
4:0.....g	0.007		2	A	1		0.002	0.000	
6:0.....g	0.058		2	A	1		0.019	0.002	
8:0.....g	0.599		2	A	1		0.192	0.019	
10:0.....g	0.472		2	A	1		0.151	0.015	
12:0.....g	3.670		2	A	1		1.174	0.114	
13:0.....g									
14:0.....g	1.501		2	A	1		0.480	0.047	
15:0.....g	0.004		2	A	1		0.001	0.000	
16:0.....g	2.067		2	A	1		0.662	0.064	
17:0.....g	0.012		2	A	1		0.004	0.000	
18:0.....g	0.889		2	A	1		0.284	0.028	
20:0.....g	0.041		2	A	1		0.013	0.001	
22:0.....g	0.035		2	A	1		0.011	0.001	
24:0.....g	0.017		2	A	1		0.005	0.001	
Fatty acids, total monounsaturated.....g	7.313		0	NC	4		2.340	0.227	
14:1.....g	0.003		2	A	1		0.001	0.000	
15:1.....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.009		0	AS	1		0.003	0.000	
16:1 c.....g	0.008		2	A	1		0.003	0.000	
16:1 t.....g	0.001		2	A	1		0.000	0.000	
17:1.....g	0.004		2	A	1		0.001	0.000	
18:1 undifferentiated.....g	7.272		0	AS	1		2.327	0.225	
18:1 c.....g	4.499		2	A	1		1.440	0.139	
18:1-11c (18:1c n-7).....g									
18:1 t.....g	2.773		2	A	1		0.887	0.086	
18:1-11t (18:1t n-7).....g									
20:1.....g	0.023		2	A	1		0.007	0.001	
22:1 undifferentiated.....g	0.001		0	AS	1		0.000	0.000	

NDB No. 18962
 Crackers, cream, LA MODERNA RIKIS CREAM CRACKERS

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
22:1 c.....g	0.001		2	A	1		0.000	0.000	
22:1 t.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g	0.002		2	A	1		0.001	0.000	
Fatty acids, total polyunsaturated.....g	1.276		0	NC	4		0.408	0.040	
18:2 undifferentiated.....g	1.234		0	AS	1		0.395	0.038	
18:2 n-6 c,c.....g	0.876		2	A	1		0.280	0.027	
18:2 CLAs.....g	0.032		2	A	1		0.010	0.001	
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.325		2	A	1		0.104	0.010	
18:3 undifferentiated.....g	0.039		0	AS	1		0.013	0.001	
18:3 n-3 c,c,c (ALA).....g	0.039		2	A	1		0.013	0.001	
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.001		2	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
20:3 n-3.....g	0.000		2	A	1		0.000	0.000	
20:3 n-6.....g	0.000		2	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.002		2	A	1		0.001	0.000	
22:5 n-3 (DPA).....g	0.000		2	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans.....g	3.099		0	NC	4		0.992	0.096	
Fatty acids, total trans-monoenoic.....g	2.774		0	NC	4		0.888	0.086	
Fatty acids, total trans-polyenoic.....g	0.325		0	NC	4		0.104	0.010	
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: 10 crackers (1 NLEA serving)

Measure 2 = 3.1g: 1 cracker

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18216
Crackers, crispbread, rye

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	6.10	0.669	4		1		0.87	3.36	0.61
Energy.....kcal	366		0		4		52	201	37
Energy.....kJ	1531		0		4		217	842	153
Protein (N x 5.9).....g	7.90	0.129	4		1		1.12	4.35	0.79
Total lipid (fat).....g	1.30	0.328	6		1		0.18	0.72	0.13
Ash.....g	2.40	0.112	6		1		0.34	1.32	0.24
Carbohydrate, by difference.....g	82.20		0	NC	4		11.67	45.21	8.22
Fiber, total dietary.....g	16.5		0		1		2.3	9.1	1.7
Sugars, total.....g	1.07		0	FLM	4		0.15	0.59	0.11
Starch.....g									
Minerals:									
Calcium, Ca.....mg	31	3.837	4		1		4	17	3
Iron, Fe.....mg	2.43	0.124	4		1		0.35	1.34	0.24
Magnesium, Mg.....mg	78	3.814	4		1		11	43	8
Phosphorus, P.....mg	269	19.040	4		1		38	148	27
Potassium, K.....mg	319	34.499	4		1		45	175	32
Sodium, Na.....mg	453		0	LC	8		64	249	45
Zinc, Zn.....mg	2.39	0.225	4		1		0.34	1.31	0.24
Copper, Cu.....mg	0.255	0.016	4		1		0.036	0.140	0.026
Manganese, Mn.....mg	2.475	0.168	4		1		0.351	1.361	0.248
Selenium, Se.....µg	36.6		0	FLA	4		5.2	20.1	3.7
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.243	0.010	16		1		0.035	0.134	0.024
Riboflavin.....mg	0.145	0.016	16		1		0.021	0.080	0.015
Niacin.....mg	1.040	0.096	16		1		0.148	0.572	0.104
Pantothenic acid.....mg	0.676	0.015	16		1		0.096	0.372	0.068
Vitamin B-6.....mg	0.210	0.002	16		1		0.030	0.116	0.021
Folate, total.....µg	47		0	FLA	4		7	26	5
Folic acid.....µg	25		0	NC	4		4	14	3
Folate, food.....µg	22	1.048	16		1		3	12	2
Folate, DFE.....mcg_DFE	65		0	NC	4		9	35	6
Choline, total.....mg	20.2		0	FLC	4		2.9	11.1	2.0
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....µg	0		0	FLM	4		0	0	0
Carotene, beta.....µg	0		0	FLM	4		0	0	0
Carotene, alpha.....µg	0		0	FLM	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	FLM	4		0	0	0
Vitamin A, IU.....IU	0		0		1		0	0	0
Lycopene.....µg	0		0	FLM	4		0	0	0
Lutein + zeaxanthin.....µg	194		0	FLM	4		27	106	19
Vitamin E (alpha-tocopherol).....mg	0.81		0	FLM	4		0.11	0.45	0.08
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	6.0		0	FLM	4		0.9	3.3	0.6
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 18216
Crackers, crispbread, rye

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number	Source	measures of food				
			of Data Points		Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total saturated.....g	0.145		0	1		0.021	0.080	0.015	
4:0.....g	0.000		0	1		0.000	0.000	0.000	
6:0.....g	0.000		0	1		0.000	0.000	0.000	
8:0.....g	0.000		0	1		0.000	0.000	0.000	
10:0.....g	0.000		0	1		0.000	0.000	0.000	
12:0.....g	0.000		0	1		0.000	0.000	0.000	
13:0.....g									
14:0.....g	0.002		0	1		0.000	0.001	0.000	
15:0.....g									
16:0.....g	0.138		0	1		0.020	0.076	0.014	
17:0.....g									
18:0.....g	0.005		0	1		0.001	0.003	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.165		0	1		0.023	0.091	0.017	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012		0	1		0.002	0.007	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.146		0	1		0.021	0.080	0.015	
20:1.....g	0.006		0	1		0.001	0.003	0.001	
22:1 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.557		0	1		0.079	0.306	0.056	
18:2 undifferentiated.....g	0.479		0	1		0.068	0.263	0.048	
18:3 undifferentiated.....g	0.079		0	1		0.011	0.043	0.008	
18:4.....g	0.000		0	1		0.000	0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	1		0.000	0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	1		0.000	0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	1		0.000	0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	1		0.000	0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	1		0	0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.092		0	1		0.013	0.051	0.009	
Threonine.....g	0.285		0	1		0.040	0.157	0.029	
Isoleucine.....g	0.318		0	1		0.045	0.175	0.032	
Leucine.....g	0.556		0	1		0.079	0.306	0.056	
Lysine.....g	0.300		0	1		0.043	0.165	0.030	
Methionine.....g	0.121		0	1		0.017	0.067	0.012	
Cystine.....g	0.155		0	1		0.022	0.085	0.016	
Phenylalanine.....g	0.403		0	1		0.057	0.222	0.040	
Tyrosine.....g	0.168		0	1		0.024	0.092	0.017	
Valine.....g	0.404		0	1		0.057	0.222	0.040	
Arginine.....g	0.366		0	1		0.052	0.201	0.037	
Histidine.....g	0.179		0	1		0.025	0.098	0.018	
Alanine.....g	0.342		0	1		0.049	0.188	0.034	
Aspartic acid.....g	0.564		0	1		0.080	0.310	0.056	
Glutamic acid.....g	2.160		0	1		0.307	1.188	0.216	
Glycine.....g	0.310		0	1		0.044	0.171	0.031	
Proline.....g	0.822		0	1		0.117	0.452	0.082	
Serine.....g	0.431		0	1		0.061	0.237	0.043	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0	
Caffeine.....mg	0		0	FLM 4		0	0	0	
Theobromine.....mg	0		0	FLM 4		0	0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18216
Crackers, crispbread, rye

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code						

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 14.2g: .5 oz
- Measure 2 = 55g: 1 cup, crushed
- Measure 3 = 10.0g: 1 crispbread

Calories Factors: Protein 3.2

Fat 8.4

Carbohydrate4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18218
Crackers, matzo, egg

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g			0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.005		0		1		0.001	0.001	
15:0.....g									
16:0.....g	0.423		0		1		0.060	0.118	
17:0.....g									
18:0.....g	0.119		0		1		0.017	0.033	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.612		0		1		0.087	0.171	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.043		0		1		0.006	0.012	
17:1.....g									
18:1 undifferentiated.....g	0.564		0		1		0.080	0.158	
20:1.....g	0.004		0		1		0.001	0.001	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.473		0		1		0.067	0.132	
18:2 undifferentiated.....g	0.427		0		1		0.061	0.120	
18:3 undifferentiated.....g	0.020		0		1		0.003	0.006	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.021		0		1		0.003	0.006	
20:5 n-3 (EPA).....g	0.001		0		1		0.000	0.000	
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g	0.005		0		1		0.001	0.001	
Fatty acids, total trans.....g									
Cholesterol.....mg	83		0	FLA	4		12	23	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.151		0		1		0.021	0.042	
Threonine.....g	0.384		0		1		0.055	0.108	
Isoleucine.....g	0.472		0		1		0.067	0.132	
Leucine.....g	0.886		0		1		0.126	0.248	
Lysine.....g	0.389		0		1		0.055	0.109	
Methionine.....g	0.248		0		1		0.035	0.069	
Cystine.....g	0.268		0		1		0.038	0.075	
Phenylalanine.....g	0.624		0		1		0.089	0.175	
Tyrosine.....g	0.397		0		1		0.056	0.111	
Valine.....g	0.544		0		1		0.077	0.152	
Arginine.....g	0.544		0		1		0.077	0.152	
Histidine.....g	0.278		0		1		0.039	0.078	
Alanine.....g	0.450		0		1		0.064	0.126	
Aspartic acid.....g	0.656		0		1		0.093	0.184	
Glutamic acid.....g	3.666		0		1		0.521	1.026	
Glycine.....g	0.438		0		1		0.062	0.123	
Proline.....g	1.251		0		1		0.178	0.350	
Serine.....g	0.673		0		1		0.096	0.188	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.2g: .5 oz

NDB No. 18218

Crackers, matzo, egg

Measure 2 = 28g: 1 matzo

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18400
Crackers, matzo, egg and onion

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g									
8:0.....g	0.001		0		1		0.000	0.000	
10:0.....g	0.001		0		1		0.000	0.000	
12:0.....g	0.001		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.008		0		1		0.001	0.002	
15:0.....g									
16:0.....g	0.742		0		1		0.105	0.208	
17:0.....g									
18:0.....g	0.184		0		1		0.026	0.052	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.987		0		1		0.140	0.276	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.066		0		1		0.009	0.018	
17:1.....g									
18:1 undifferentiated.....g	0.914		0		1		0.130	0.256	
20:1.....g	0.006		0		1		0.001	0.002	
22:1 undifferentiated.....g	0.001		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.001		0		1		0.142	0.280	
18:2 undifferentiated.....g	0.916		0		1		0.130	0.256	
18:3 undifferentiated.....g	0.045		0		1		0.006	0.013	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.031		0		1		0.004	0.009	
20:5 n-3 (EPA).....g	0.001		0		1		0.000	0.000	
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g	0.008		0		1		0.001	0.002	
Fatty acids, total trans.....g									
Cholesterol.....mg	45		0	FLA	4		6	13	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.123		0		1		0.017	0.034	
Threonine.....g	0.297		0		1		0.042	0.083	
Isoleucine.....g	0.370		0		1		0.053	0.104	
Leucine.....g	0.702		0		1		0.100	0.197	
Lysine.....g	0.282		0		1		0.040	0.079	
Methionine.....g	0.190		0		1		0.027	0.053	
Cystine.....g	0.213		0		1		0.030	0.060	
Phenylalanine.....g	0.501		0		1		0.071	0.140	
Tyrosine.....g	0.315		0		1		0.045	0.088	
Valine.....g	0.425		0		1		0.060	0.119	
Arginine.....g	0.434		0		1		0.062	0.122	
Histidine.....g	0.223		0		1		0.032	0.062	
Alanine.....g	0.348		0		1		0.049	0.097	
Aspartic acid.....g	0.493		0		1		0.070	0.138	
Glutamic acid.....g	3.087		0		1		0.438	0.864	
Glycine.....g	0.358		0		1		0.051	0.100	
Proline.....g	1.055		0		1		0.150	0.295	
Serine.....g	0.526		0		1		0.075	0.147	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.2g: .5 oz

NDB No. 18400

Crackers, matzo, egg and onion

Measure 2 = 28g: 1 matzo

Calories Factors: Protein 4.1

Fat 8.7

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18217
Crackers, matzo, plain

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	4.30	0.615	9		1		0.61	1.20	
Energy.....kcal	395		0	NC	4		56	111	
Energy.....kJ	1653		0		4		235	463	
Protein (N x 5.7).....g	10.00	0.176	10		1		1.42	2.80	
Total lipid (fat).....g	1.40	0.127	10		1		0.20	0.39	
Ash.....g	0.60	0.002	4		1		0.09	0.17	
Carbohydrate, by difference.....g	83.70		0	NC	4		11.89	23.44	
Fiber, total dietary.....g	3.0		0		1		0.4	0.8	
Sugars, total.....g	0.29		0	FLM	4		0.04	0.08	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	13		2		1		2	4	
Iron, Fe.....mg	3.16	0.010	4		1		0.45	0.88	
Magnesium, Mg.....mg	25		2		1		4	7	
Phosphorus, P.....mg	89		2		1		13	25	
Potassium, K.....mg	112	8.758	4		1		16	31	
Sodium, Na.....mg	0		0	LC	8		0	0	
Zinc, Zn.....mg	0.68		2		1		0.10	0.19	
Copper, Cu.....mg	0.060		2		1		0.009	0.017	
Manganese, Mn.....mg	0.650		2		1		0.092	0.182	
Selenium, Se.....µg	36.9		0	FLA	4		5.2	10.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.387	0.021	12		1		0.055	0.108	
Riboflavin.....mg	0.291	0.001	4		1		0.041	0.081	
Niacin.....mg	3.892	0.014	4		1		0.553	1.090	
Pantothenic acid.....mg	0.443	0.016	8		1		0.063	0.124	
Vitamin B-6.....mg	0.115	0.001	8		1		0.016	0.032	
Folate, total.....µg	17		0	FLA	4		2	5	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	17		0	FLA	4		2	5	
Folate, DFE.....mcg_DFE	17		0	NC	4		2	5	
Choline, total.....mg	10.8		0	FLC	4		1.5	3.0	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	FLM	4		0	0	
Carotene, beta.....µg	0		0		4		0	0	
Carotene, alpha.....µg	0		0		4		0	0	
Cryptoxanthin, beta.....µg	0		0		4		0	0	
Vitamin A, IU.....IU	0		0		1		0	0	
Lycopene.....µg	0		0	FLM	4		0	0	
Lutein + zeaxanthin.....µg	18		0	FLM	4		3	5	
Vitamin E (alpha-tocopherol).....mg	0.06		0	FLM	4		0.01	0.02	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.3		0	FLM	4		0.0	0.1	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 18217
Crackers, matzo, plain

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number		measures of food				
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.226		0		1		0.032	0.063	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.216		0		1		0.031	0.060	
17:0.....g									
18:0.....g	0.010		0		1		0.001	0.003	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.127		0		1		0.018	0.036	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.127		0		1		0.018	0.036	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.603		0		1		0.086	0.169	
18:2 undifferentiated.....g	0.570		0		1		0.081	0.160	
18:3 undifferentiated.....g	0.032		0		1		0.005	0.009	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.116		0		1		0.016	0.032	
Threonine.....g	0.267		0		1		0.038	0.075	
Isoleucine.....g	0.371		0		1		0.053	0.104	
Leucine.....g	0.692		0		1		0.098	0.194	
Lysine.....g	0.193		0		1		0.027	0.054	
Methionine.....g	0.176		0		1		0.025	0.049	
Cystine.....g	0.225		0		1		0.032	0.063	
Phenylalanine.....g	0.494		0		1		0.070	0.138	
Tyrosine.....g	0.274		0		1		0.039	0.077	
Valine.....g	0.420		0		1		0.060	0.118	
Arginine.....g	0.348		0		1		0.049	0.097	
Histidine.....g	0.213		0		1		0.030	0.060	
Alanine.....g	0.306		0		1		0.043	0.086	
Aspartic acid.....g	0.404		0		1		0.057	0.113	
Glutamic acid.....g	3.509		0		1		0.498	0.983	
Glycine.....g	0.343		0		1		0.049	0.096	
Proline.....g	1.177		0		1		0.167	0.330	
Serine.....g	0.485		0		1		0.069	0.136	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLM	4		0	0	
Theobromine.....mg	0		0	FLM	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18217
Crackers, matzo, plain

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.2g: .5 oz

Measure 2 = 28g: 1 matzo

Calories Factors: Protein 4

Fat 8.4

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18219
Crackers, matzo, whole-wheat

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	4.80	0.517	4		1		0.68	1.34	
Energy.....kcal	351		0	NC	4		50	98	
Energy.....kJ	1469				4		209	411	
Protein (N x 5.8).....g	13.10	0.600	6		1		1.86	3.67	
Total lipid (fat).....g	1.50	0.227	6		1		0.21	0.42	
Ash.....g	1.60	0.005	4		1		0.23	0.45	
Carbohydrate, by difference.....g	78.90		0	NC	4		11.20	22.09	
Fiber, total dietary.....g	11.8		0		1		1.7	3.3	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	23	2.063	3		1		3	6	
Iron, Fe.....mg	4.65	0.388	4		1		0.66	1.30	
Magnesium, Mg.....mg	134		2		1		19	38	
Phosphorus, P.....mg	305		2		1		43	85	
Potassium, K.....mg	316		2		1		45	88	
Sodium, Na.....mg	2	0.368	5		1		0	1	
Zinc, Zn.....mg	2.61		2		1		0.37	0.73	
Copper, Cu.....mg	0.350		2		1		0.050	0.098	
Manganese, Mn.....mg	3.500		2		1		0.497	0.980	
Selenium, Se.....µg	75.1		0	FLA	4		10.7	21.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0	0.0	
Thiamin.....mg	0.365	0.016	10		1		0.052	0.102	
Riboflavin.....mg	0.271		2		1		0.038	0.076	
Niacin.....mg	5.410	0.596	3		1		0.768	1.515	
Pantothenic acid.....mg	1.235	0.041	8		1		0.175	0.346	
Vitamin B-6.....mg	0.159	0.010	9		1		0.023	0.045	
Folate, total.....µg	35	1.045	9		1		5	10	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	35	1.045	9		1		5	10	
Folate, DFE.....mcg_DFE	35		0	NC	4		5	10	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		1		1		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		1		1		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.243		0		1		0.035	0.068	
4:0.....g	0.000		0		1		0.000	0.000	

NDB No. 18219
Crackers, matzo, whole-wheat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.002		0		1		0.000	0.001	
15:0.....g									
16:0.....g	0.222		0		1		0.032	0.062	
17:0.....g									
18:0.....g	0.012		0		1		0.002	0.003	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.194		0		1		0.028	0.054	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0		1		0.001	0.003	
17:1.....g									
18:1 undifferentiated.....g	0.184		0		1		0.026	0.052	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.653		0		1		0.093	0.183	
18:2 undifferentiated.....g	0.618		0		1		0.088	0.173	
18:3 undifferentiated.....g	0.033		0		1		0.005	0.009	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0		1		0.000	0.001	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.206		0		1		0.029	0.058	
Threonine.....g	0.382		0		1		0.054	0.107	
Isoleucine.....g	0.489		0		1		0.069	0.137	
Leucine.....g	0.889		0		1		0.126	0.249	
Lysine.....g	0.371		0		1		0.053	0.104	
Methionine.....g	0.204		0		1		0.029	0.057	
Cystine.....g	0.308		0		1		0.044	0.086	
Phenylalanine.....g	0.620		0		1		0.088	0.174	
Tyrosine.....g	0.385		0		1		0.055	0.108	
Valine.....g	0.597		0		1		0.085	0.167	
Arginine.....g	0.631		0		1		0.090	0.177	
Histidine.....g	0.310		0		1		0.044	0.087	
Alanine.....g	0.475		0		1		0.067	0.133	
Aspartic acid.....g	0.688		0		1		0.098	0.193	
Glutamic acid.....g	4.112		0		1		0.584	1.151	
Glycine.....g	0.541		0		1		0.077	0.151	
Proline.....g	1.351		0		1		0.192	0.378	
Serine.....g	0.622		0		1		0.088	0.174	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18219

Crackers, matzo, whole-wheat

Common Measures:

Measure 1 = 14.2g: .5 oz

Measure 2 = 28g: 1 matzo

Calories Factors: Protein 3.5

Fat 8.4

Carbohydrate 3.7

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18220
Crackers, melba toast, plain

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	5.10	0.196	16		1		0.72	1.53	1.68
Energy.....kcal	390		0	NC	4		55	117	129
Energy.....kJ	1632		0		4		232	490	538
Protein (N x 5.7).....g	12.10	0.387	15		1		1.72	3.63	3.99
Total lipid (fat).....g	3.20	0.429	11		1		0.45	0.96	1.06
Ash.....g	3.00	0.154	13		1		0.43	0.90	0.99
Carbohydrate, by difference.....g	76.60		0	NC	4		10.88	22.98	25.28
Fiber, total dietary.....g	6.3		0		1		0.9	1.9	2.1
Sugars, total.....g	0.94		0	FLA	4		0.13	0.28	0.31
Starch.....g									
Minerals:									
Calcium, Ca.....mg	93	14.161	15		1		13	28	31
Iron, Fe.....mg	3.70	0.408	10		1		0.53	1.11	1.22
Magnesium, Mg.....mg	59	6.585	8		1		8	18	19
Phosphorus, P.....mg	196	7.975	12		1		28	59	65
Potassium, K.....mg	202	10.786	13		1		29	61	67
Sodium, Na.....mg	598		0	LC	8		85	179	197
Zinc, Zn.....mg	2.01	0.295	7		1		0.29	0.60	0.66
Copper, Cu.....mg	0.289	0.054	7		1		0.041	0.087	0.095
Manganese, Mn.....mg	1.130	0.154	4		1		0.160	0.339	0.373
Selenium, Se.....µg	34.8		1	A	1		4.9	10.4	11.5
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.413	0.045	16		1		0.059	0.124	0.136
Riboflavin.....mg	0.273	0.018	16		1		0.039	0.082	0.090
Niacin.....mg	4.113	0.414	16		1		0.584	1.234	1.357
Pantothenic acid.....mg	0.693	0.036	12		1		0.098	0.208	0.229
Vitamin B-6.....mg	0.098	0.007	10		1		0.014	0.029	0.032
Folate, total.....µg	124		0	FLA	4		18	37	41
Folic acid.....µg	98		0	NC	4		14	29	32
Folate, food.....µg	26	1.382	8		1		4	8	9
Folate, DFE.....mcg_DFE	193		0	NC	4		27	58	64
Choline, total.....mg	19.8		0	FLC	4		2.8	5.9	6.5
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....µg	0		0	FLA	4		0	0	0
Carotene, beta.....µg	0		0		4		0	0	0
Carotene, alpha.....µg	0		0		4		0	0	0
Cryptoxanthin, beta.....µg	0		0		4		0	0	0
Vitamin A, IU.....IU	0		0		1		0	0	0
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	74		0	FLA	4		10	22	24
Vitamin E (alpha-tocopherol).....mg	0.43		0	FLA	4		0.06	0.13	0.14
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	0.9		0	FLA	4		0.1	0.3	0.3
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 18220
Crackers, melba toast, plain

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code				
Fatty acids, total saturated.....g	0.445		0		1	0.063	0.134	0.147
4:0.....g	0.000		0		1	0.000	0.000	0.000
6:0.....g	0.000		0		1	0.000	0.000	0.000
8:0.....g	0.000		0		1	0.000	0.000	0.000
10:0.....g	0.000		0		1	0.000	0.000	0.000
12:0.....g	0.000		0		1	0.000	0.000	0.000
13:0.....g								
14:0.....g	0.002		0		1	0.000	0.001	0.001
15:0.....g								
16:0.....g	0.355		0		1	0.050	0.107	0.117
17:0.....g								
18:0.....g	0.088		0		1	0.012	0.026	0.029
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.782		0		1	0.111	0.235	0.258
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.020		0		1	0.003	0.006	0.007
17:1.....g								
18:1 undifferentiated.....g	0.762		0		1	0.108	0.229	0.251
20:1.....g	0.000		0		1	0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1	0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.282		0		1	0.182	0.385	0.423
18:2 undifferentiated.....g	1.210		0		1	0.172	0.363	0.399
18:3 undifferentiated.....g	0.071		0		1	0.010	0.021	0.023
18:4.....g	0.000		0		1	0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0		1	0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1	0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0		1	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1	0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0		1	0	0	0
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.140		0		1	0.020	0.042	0.046
Threonine.....g	0.342		0		1	0.049	0.103	0.113
Isoleucine.....g	0.462		0		1	0.066	0.139	0.152
Leucine.....g	0.844		0		1	0.120	0.253	0.279
Lysine.....g	0.280		0		1	0.040	0.084	0.092
Methionine.....g	0.214		0		1	0.030	0.064	0.071
Cystine.....g	0.265		0		1	0.038	0.080	0.087
Phenylalanine.....g	0.596		0		1	0.085	0.179	0.197
Tyrosine.....g	0.339		0		1	0.048	0.102	0.112
Valine.....g	0.520		0		1	0.074	0.156	0.172
Arginine.....g	0.435		0		1	0.062	0.131	0.144
Histidine.....g	0.261		0		1	0.037	0.078	0.086
Alanine.....g	0.395		0		1	0.056	0.119	0.130
Aspartic acid.....g	0.532		0		1	0.076	0.160	0.176
Glutamic acid.....g	4.086		0		1	0.580	1.226	1.348
Glycine.....g	0.424		0		1	0.060	0.127	0.140
Proline.....g	1.366		0		1	0.194	0.410	0.451
Serine.....g	0.586		0		1	0.083	0.176	0.193
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4	0	0	0
Theobromine.....mg	0		0	FLA	4	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18220
Crackers, melba toast, plain

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code						

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.2g: .5 oz

Measure 2 = 30g: 1 cup pieces

Measure 3 = 33g: 1 cup, rounds

Calories Factors: Protein 4

Fat 8.6

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18424

Crackers, melba toast, plain, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	5.10	0.196	16		1		0.72	3.57	1.53
Energy.....kcal	390		0	NC	4		55	273	117
Energy.....kJ	1632				4		232	1142	490
Protein (N x 5.7).....g	12.10	0.387	15		1		1.72	8.47	3.63
Total lipid (fat).....g	3.20	0.429	11		1		0.45	2.24	0.96
Ash.....g	3.00	0.154	13		1		0.43	2.10	0.90
Carbohydrate, by difference.....g	76.60		0		4		10.88	53.62	22.98
Fiber, total dietary.....g	6.3		0		4		0.9	4.4	1.9
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	93	14.161	15		1		13	65	28
Iron, Fe.....mg	3.70	0.408	10		1		0.53	2.59	1.11
Magnesium, Mg.....mg	59	6.585	8		1		8	41	18
Phosphorus, P.....mg	196	7.975	12		1		28	137	59
Potassium, K.....mg	202	10.786	13		1		29	141	61
Sodium, Na.....mg	19		0		4		3	13	6
Zinc, Zn.....mg	2.01	0.295	7		1		0.29	1.41	0.60
Copper, Cu.....mg	0.289	0.054	7		1		0.041	0.202	0.087
Manganese, Mn.....mg	1.130	0.154	4		1		0.160	0.791	0.339
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.413	0.045	16		1		0.059	0.289	0.124
Riboflavin.....mg	0.273	0.018	16		1		0.039	0.191	0.082
Niacin.....mg	4.113	0.414	16		1		0.584	2.879	1.234
Pantothenic acid.....mg	0.693	0.036	12		1		0.098	0.485	0.208
Vitamin B-6.....mg	0.098	0.007	10		1		0.014	0.069	0.029
Folate, total.....µg	124		0	BFZN	4		18	87	37
Folic acid.....µg	98		0	NC	4		14	69	29
Folate, food.....µg	26	1.382	8		1		4	18	8
Folate, DFE.....mcg_DFE	193		0	NC	4		27	135	58
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0	0	0
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.445		0		4		0.063	0.312	0.134
4:0.....g	0.000		0		4		0.000	0.000	0.000

Crackers, melba toast, plain, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.000		0		4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.002		0		4		0.000	0.001	0.001
15:0.....g									
16:0.....g	0.355		0		4		0.050	0.249	0.107
17:0.....g									
18:0.....g	0.088		0		4		0.012	0.062	0.026
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.782		0		4		0.111	0.547	0.235
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		0		4		0.003	0.014	0.006
17:1.....g									
18:1 undifferentiated.....g	0.762		0		4		0.108	0.533	0.229
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.282		0		4		0.182	0.897	0.385
18:2 undifferentiated.....g	1.210		0		4		0.172	0.847	0.363
18:3 undifferentiated.....g	0.071		0		4		0.010	0.050	0.021
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.140		0		4		0.020	0.098	0.042
Threonine.....g	0.342		0		4		0.049	0.239	0.103
Isoleucine.....g	0.462		0		4		0.066	0.323	0.139
Leucine.....g	0.844		0		4		0.120	0.591	0.253
Lysine.....g	0.280		0		4		0.040	0.196	0.084
Methionine.....g	0.214		0		4		0.030	0.150	0.064
Cystine.....g	0.265		0		4		0.038	0.186	0.080
Phenylalanine.....g	0.596		0		4		0.085	0.417	0.179
Tyrosine.....g	0.339		0		4		0.048	0.237	0.102
Valine.....g	0.520		0		4		0.074	0.364	0.156
Arginine.....g	0.435		0		4		0.062	0.305	0.131
Histidine.....g	0.261		0		4		0.037	0.183	0.078
Alanine.....g	0.395		0		4		0.056	0.277	0.119
Aspartic acid.....g	0.532		0		4		0.076	0.372	0.160
Glutamic acid.....g	4.086		0		4		0.580	2.860	1.226
Glycine.....g	0.424		0		4		0.060	0.297	0.127
Proline.....g	1.366		0		4		0.194	0.956	0.410
Serine.....g	0.586		0		4		0.083	0.410	0.176
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18424

Crackers, melba toast, plain, without salt

Common Measures:

Measure 1 = 14.2g: .5 oz

Measure 2 = 70g: 1 cup, crushed

Measure 3 = 30g: 1 cup pieces

Calories Factors: Protein 4

Fat 8.6

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18221

Crackers, melba toast, rye (includes pumpernickel)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	4.90	0.473	7		1		0.70	0.25	
Energy.....kcal	389		0	NC	4		55	19	
Energy.....kJ	1628				4		231	81	
Protein (N x 5.8).....g	11.60	0.298	8		1		1.65	0.58	
Total lipid (fat).....g	3.40	0.536	8		1		0.48	0.17	
Ash.....g	2.90	0.140	8		1		0.41	0.15	
Carbohydrate, by difference.....g	77.30		0		4		10.98	3.87	
Fiber, total dietary.....g	8.0		0	RA	4		1.1	0.4	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	78	15.069	8		1		11	4	
Iron, Fe.....mg	3.68	0.384	5		1		0.52	0.18	
Magnesium, Mg.....mg	39	4.465	3		1		6	2	
Phosphorus, P.....mg	183	18.481	6		1		26	9	
Potassium, K.....mg	193	21.727	6		1		27	10	
Sodium, Na.....mg	899	58.679	5		1		128	45	
Zinc, Zn.....mg	1.36	0.323	3		1		0.19	0.07	
Copper, Cu.....mg	0.401	0.161	3		1		0.057	0.020	
Manganese, Mn.....mg	0.738		2		1		0.105	0.037	
Selenium, Se.....µg	38.7		0	FLA	4		5.5	1.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.473	0.042	11		1		0.067	0.024	
Riboflavin.....mg	0.284	0.010	11		1		0.040	0.014	
Niacin.....mg	4.718	0.429	11		1		0.670	0.236	
Pantothenic acid.....mg	0.484	0.012	8		1		0.069	0.024	
Vitamin B-6.....mg	0.086	0.001	8		1		0.012	0.004	
Folate, total.....µg	85		0	FLA	4		12	4	
Folic acid.....µg	63		0	NC	4		9	3	
Folate, food.....µg	22	1.032	8		1		3	1	
Folate, DFE.....mcg_DFE	129		0	NC	4		18	6	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	FLA	4		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.453		0		4		0.064	0.023	
4:0.....g	0.000		0	RA	4		0.000	0.000	

Crackers, melba toast, rye (includes pumpernickel)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0	RA	4		0.000	0.000	
8:0.....g	0.000		0	RA	4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.003		0		4		0.000	0.000	
15:0.....g									
16:0.....g	0.357		0		4		0.051	0.018	
17:0.....g									
18:0.....g	0.092		0		4		0.013	0.005	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.907		0		4		0.129	0.045	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.025		0		4		0.004	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.879		0		4		0.125	0.044	
20:1.....g	0.004		0		4		0.001	0.000	
22:1 undifferentiated.....g	0.000		0	RA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.347		0		4		0.191	0.067	
18:2 undifferentiated.....g	1.241		0		4		0.176	0.062	
18:3 undifferentiated.....g	0.106		0		4		0.015	0.005	
18:4.....g	0.000		0	RA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	RA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	RA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.132		0		4		0.019	0.007	
Threonine.....g	0.361		0		4		0.051	0.018	
Isoleucine.....g	0.445		0		4		0.063	0.022	
Leucine.....g	0.796		0		4		0.113	0.040	
Lysine.....g	0.337		0		4		0.048	0.017	
Methionine.....g	0.190		0		4		0.027	0.010	
Cystine.....g	0.237		0		4		0.034	0.012	
Phenylalanine.....g	0.569		0		4		0.081	0.028	
Tyrosine.....g	0.289		0		4		0.041	0.014	
Valine.....g	0.529		0		4		0.075	0.026	
Arginine.....g	0.459		0		4		0.065	0.023	
Histidine.....g	0.251		0		4		0.036	0.013	
Alanine.....g	0.425		0		4		0.060	0.021	
Aspartic acid.....g	0.634		0		4		0.090	0.032	
Glutamic acid.....g	3.525		0		4		0.501	0.176	
Glycine.....g	0.419		0		4		0.059	0.021	
Proline.....g	1.237		0		4		0.176	0.062	
Serine.....g	0.581		0		4		0.083	0.029	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18221

Crackers, melba toast, rye (includes pumpernickel)

Common Measures:

Measure 1 = 14.2g: .5 oz

Measure 2 = 5.0g: 1 toast

Calories Factors: Protein 3.7

Fat 8.6

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18222
Crackers, melba toast, wheat

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number		measures of food				
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.002		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.275		0		1		0.039	0.014	
17:0.....g									
18:0.....g	0.056		0		1		0.008	0.003	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.544		0		1		0.077	0.027	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.018		0		1		0.003	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.526		0		1		0.075	0.026	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.910		0		1		0.129	0.046	
18:2 undifferentiated.....g	0.858		0		1		0.122	0.043	
18:3 undifferentiated.....g	0.050		0		1		0.007	0.003	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		1		0.000	0.000	
20:5 n-3 (EPA).....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.171		0		1		0.024	0.009	
Threonine.....g	0.371		0		1		0.053	0.019	
Isoleucine.....g	0.489		0		1		0.069	0.024	
Leucine.....g	0.884		0		1		0.126	0.044	
Lysine.....g	0.344		0		1		0.049	0.017	
Methionine.....g	0.213		0		1		0.030	0.011	
Cystine.....g	0.284		0		1		0.040	0.014	
Phenylalanine.....g	0.615		0		1		0.087	0.031	
Tyrosine.....g	0.371		0		1		0.053	0.019	
Valine.....g	0.571		0		1		0.081	0.029	
Arginine.....g	0.533		0		1		0.076	0.027	
Histidine.....g	0.286		0		1		0.041	0.014	
Alanine.....g	0.446		0		1		0.063	0.022	
Aspartic acid.....g	0.628		0		1		0.089	0.031	
Glutamic acid.....g	4.122		0		1		0.585	0.206	
Glycine.....g	0.484		0		1		0.069	0.024	
Proline.....g	1.366		0		1		0.194	0.068	
Serine.....g	0.613		0		1		0.087	0.031	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.2g: .5 oz

NDB No. 18222

Crackers, melba toast, wheat

Measure 2 = 5.0g: 1 toast

Calories Factors: Protein 3.8

Fat 8.6

Carbohydrate4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18223

Crackers, milk

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	4.70	0.442	10		1		0.67	0.52	
Energy.....kcal	455		0	NC	4		65	50	
Energy.....kJ	1904		0		4		270	209	
Protein (N x 5.7).....g	7.60	0.127	10		1		1.08	0.84	
Total lipid (fat).....g	15.80	0.456	10		1		2.24	1.74	
Ash.....g	2.20	0.030	10		1		0.31	0.24	
Carbohydrate, by difference.....g	69.70		0		4		9.90	7.67	
Fiber, total dietary.....g	1.9		0		4		0.3	0.2	
Sugars, total.....g	16.44		0	FLA	4		2.34	1.81	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	172	2.652	9		1		24	19	
Iron, Fe.....mg	3.58	0.076	9		1		0.51	0.39	
Magnesium, Mg.....mg	22	0.656	9		1		3	2	
Phosphorus, P.....mg	303	4.473	9		1		43	33	
Potassium, K.....mg	114	5.834	9		1		16	13	
Sodium, Na.....mg	592	11.450	10		1		84	65	
Zinc, Zn.....mg	0.67	0.025	9		1		0.10	0.07	
Copper, Cu.....mg	0.227	0.009	9		1		0.032	0.025	
Manganese, Mn.....mg	0.552	0.033	7		1		0.078	0.061	
Selenium, Se.....µg	15.9		0	FLA	4		2.3	1.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.538	0.031	9		1		0.076	0.059	
Riboflavin.....mg	0.418	0.018	9		1		0.059	0.046	
Niacin.....mg	4.430	0.119	9		1		0.629	0.487	
Pantothenic acid.....mg	0.407		0	FLA	4		0.058	0.045	
Vitamin B-6.....mg	0.037		0	FLA	4		0.005	0.004	
Folate, total.....µg	90		0	FLA	4		13	10	
Folic acid.....µg	74		0		4		11	8	
Folate, food.....µg	16		0		4		2	2	
Folate, DFE.....mcg_DFE	142		0	NC	4		20	16	
Choline, total.....mg	13.4		0	FLC	4		1.9	1.5	
Betaine.....mg									
Vitamin B-12.....µg	0.08		0	FLA	4		0.01	0.01	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	16		0	NC	4		2	2	
Retinol.....µg	16		0	FLA	4		2	2	
Carotene, beta.....µg	3		0	FLA	4		0	0	
Carotene, alpha.....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	58		0	NC	4		8	6	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	16		0	FLA	4		2	2	
Vitamin E (alpha-tocopherol).....mg	1.22		0	FLA	4		0.17	0.13	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	3.8		0	FLA	4		0.5	0.4	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	2.633		0	FLA	4		0.374	0.290	
4:0.....g	0.016		0	FLA	4		0.002	0.002	
6:0.....g	0.005		0	FLA	4		0.001	0.001	
8:0.....g	0.005		0	FLA	4		0.001	0.001	
10:0.....g	0.011		0	FLA	4		0.002	0.001	
12:0.....g	0.012		0	FLA	4		0.002	0.001	
13:0.....g									
14:0.....g	0.068		0	FLA	4		0.010	0.007	
15:0.....g									
16:0.....g	1.700		0	FLA	4		0.241	0.187	
17:0.....g									
18:0.....g	0.795		0	FLA	4		0.113	0.087	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.479		0	FLA	4		0.920	0.713	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.087		0	FLA	4		0.012	0.010	
17:1.....g									
18:1 undifferentiated.....g	6.367		0	FLA	4		0.904	0.700	
20:1.....g	0.001		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.749		0	FLA	4		0.816	0.632	
18:2 undifferentiated.....g	5.335		0	FLA	4		0.758	0.587	
18:3 undifferentiated.....g	0.395		0	FLA	4		0.056	0.043	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.003		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.001		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.001		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	11		0	FLA	4		2	1	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.100		0		4		0.014	0.011	
Threonine.....g	0.221		0		4		0.031	0.024	
Isoleucine.....g	0.289		0		4		0.041	0.032	
Leucine.....g	0.541		0		4		0.077	0.060	
Lysine.....g	0.241		0		4		0.034	0.027	
Methionine.....g	0.138		0		4		0.020	0.015	
Cystine.....g	0.159		0		4		0.023	0.017	
Phenylalanine.....g	0.376		0		4		0.053	0.041	
Tyrosine.....g	0.237		0		4		0.034	0.026	
Valine.....g	0.333		0		4		0.047	0.037	
Arginine.....g	0.307		0		4		0.044	0.034	
Histidine.....g	0.167		0		4		0.024	0.018	
Alanine.....g	0.246		0		4		0.035	0.027	
Aspartic acid.....g	0.345		0		4		0.049	0.038	
Glutamic acid.....g	2.482		0		4		0.352	0.273	
Glycine.....g	0.264		0		4		0.037	0.029	
Proline.....g	0.858		0		4		0.122	0.094	
Serine.....g	0.399		0		4		0.057	0.044	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18223
Crackers, milk

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Deriv	Source	Measure 1	Measure 2	Measure 3
			of Data	Code	Confidence			
			Points	Code	Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.2g: .5 oz

Measure 2 = 11.0g: 1 cracker

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18224
Crackers, rusk toast

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	5.50	0.222	15		1		0.78	0.55	
Energy.....kcal	407		0		4		58	41	
Energy.....kJ	1703				4		242	170	
Protein (N x 6).....g	13.50	0.250	15		1		1.92	1.35	
Total lipid (fat).....g	7.20	0.181	15		1		1.02	0.72	
Ash.....g	1.20	0.029	15		1		0.17	0.12	
Carbohydrate, by difference.....g	72.30		0	NC	4		10.27	7.23	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	27	0.978	15		1		4	3	
Iron, Fe.....mg	2.72	0.313	13		1		0.39	0.27	
Magnesium, Mg.....mg	36	0.538	12		1		5	4	
Phosphorus, P.....mg	153	1.922	15		1		22	15	
Potassium, K.....mg	245	8.107	14		1		35	25	
Sodium, Na.....mg	253	6.440	15		1		36	25	
Zinc, Zn.....mg	1.10	0.021	12		1		0.16	0.11	
Copper, Cu.....mg	0.245	0.025	12		1		0.035	0.025	
Manganese, Mn.....mg	0.439	0.022	8		1		0.062	0.044	
Selenium, Se.....µg	20.1		0	FLA	4		2.9	2.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.404	0.032	15		1		0.057	0.040	
Riboflavin.....mg	0.399	0.039	15		1		0.057	0.040	
Niacin.....mg	4.625	0.426	15		1		0.657	0.463	
Pantothenic acid.....mg	0.605		0	FLA	4		0.086	0.061	
Vitamin B-6.....mg	0.047		0	FLA	4		0.007	0.005	
Folate, total.....µg	87		0	FLA	4		12	9	
Folic acid.....µg	23		0	NC	4		3	2	
Folate, food.....µg	64		0		4		9	6	
Folate, DFE.....mcg_DFE	103		0	NC	4		15	10	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.18		0	FLA	4		0.03	0.02	
Vitamin A, RAE.....mcg_RAE	12		0	NC	4		2	1	
Retinol.....µg	12		0	NC	4		2	1	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	41		0	FLA	4		6	4	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.376		0	FLA	4		0.195	0.138	
4:0.....g	0.000		0	FLA	4		0.000	0.000	

NDB No. 18224
Crackers, rusk toast

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0	FLA	4				
8:0.....g	0.000		0	FLA	4				
10:0.....g	0.000		0	FLA	4				
12:0.....g	0.000		0	FLA	4				
13:0.....g									
14:0.....g	0.011		0	FLA	4		0.002	0.001	
15:0.....g									
16:0.....g	0.973		0	FLA	4		0.138	0.097	
17:0.....g									
18:0.....g	0.386		0	FLA	4		0.055	0.039	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.755		0	FLA	4		0.391	0.276	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.065		0	FLA	4		0.009	0.007	
17:1.....g									
18:1 undifferentiated.....g	2.678		0	FLA	4		0.380	0.268	
20:1.....g	0.005		0	FLA	4		0.001	0.001	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.310		0	FLA	4		0.328	0.231	
18:2 undifferentiated.....g	2.114		0	FLA	4		0.300	0.211	
18:3 undifferentiated.....g	0.143		0	FLA	4		0.020	0.014	
18:4.....g	0.003		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.026		0	FLA	4		0.004	0.003	
20:5 n-3 (EPA).....g	0.013		0	FLA	4		0.002	0.001	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.008		0	FLA	4		0.001	0.001	
Fatty acids, total trans.....g									
Cholesterol.....mg	78		0	FLA	4		11	8	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.171		0		1		0.024	0.017	
Threonine.....g	0.512		0		1		0.073	0.051	
Isoleucine.....g	0.610		0		1		0.087	0.061	
Leucine.....g	1.010		0		1		0.143	0.101	
Lysine.....g	0.684		0		1		0.097	0.068	
Methionine.....g	0.290		0		1		0.041	0.029	
Cystine.....g	0.272		0		1		0.039	0.027	
Phenylalanine.....g	0.668		0		1		0.095	0.067	
Tyrosine.....g	0.471		0		1		0.067	0.047	
Valine.....g	0.684		0		1		0.097	0.068	
Arginine.....g	0.649		0		1		0.092	0.065	
Histidine.....g	0.309		0		1		0.044	0.031	
Alanine.....g	0.606		0		1		0.086	0.061	
Aspartic acid.....g	0.944		0		1		0.134	0.094	
Glutamic acid.....g	3.192		0		1		0.453	0.319	
Glycine.....g	0.498		0		1		0.071	0.050	
Proline.....g	1.052		0		1		0.149	0.105	
Serine.....g	0.768		0		1		0.109	0.077	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.2g: .5 oz

NDB No. 18224

Crackers, rusk toast

Measure 2 = 10.0g: 1 rusk

Calories Factors: Protein 3.9

Fat 8.9

Carbohydrate4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18225

Crackers, rye, sandwich-type with cheese filling

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.80	0.167	5		1		0.54	0.27	
Energy.....kcal	481		0	NC	4		68	34	
Energy.....kJ	2013				4		286	141	
Protein (N x 5.8).....g	9.20	0.486	5		1		1.31	0.64	
Total lipid (fat).....g	22.30	0.317	5		1		3.17	1.56	
Ash.....g	3.90	0.082	5		1		0.55	0.27	
Carbohydrate, by difference.....g	60.80		0	NC	4		8.63	4.26	
Fiber, total dietary.....g	3.6		0		4		0.5	0.3	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	222	18.575	5		1		32	16	
Iron, Fe.....mg	2.45	0.121	5		1		0.35	0.17	
Magnesium, Mg.....mg	37	0.744	4		1		5	3	
Phosphorus, P.....mg	339	4.557	4		1		48	24	
Potassium, K.....mg	342	61.985	5		1		49	24	
Sodium, Na.....mg	1044	73.130	5		1		148	73	
Zinc, Zn.....mg	0.70	0.055	4		1		0.10	0.05	
Copper, Cu.....mg	0.096	0.016	4		1		0.014	0.007	
Manganese, Mn.....mg	0.635	0.029	4		1		0.090	0.044	
Selenium, Se.....µg	20.8		0	FLA	4		3.0	1.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.4		0	FLA	4		0.1	0.0	
Thiamin.....mg	0.612	0.172	5		1		0.087	0.043	
Riboflavin.....mg	0.494	0.060	5		1		0.070	0.035	
Niacin.....mg	3.570	0.205	5		1		0.507	0.250	
Pantothenic acid.....mg	0.585		0	FLA	4		0.083	0.041	
Vitamin B-6.....mg	0.076		0	FLA	4		0.011	0.005	
Folate, total.....µg	81		0	FLA	4		12	6	
Folic acid.....µg	65		0	NC	4		9	5	
Folate, food.....µg	16		0		4		2	1	
Folate, DFE.....mcg_DFE	127		0	NC	4		18	9	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.12		0	FLA	4		0.02	0.01	
Vitamin A, RAE.....mcg_RAE	24		0	NC	4		3	2	
Retinol.....µg	8		0	NC	4		1	1	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	334		0	FLA	4		47	23	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	5.987		0	FLA	4		0.850	0.419	
4:0.....g	0.031		0	FLA	4		0.004	0.002	

Crackers, rye, sandwich-type with cheese filling

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.015		0	FLA	4		0.002	0.001	
8:0.....g	0.008		0	FLA	4		0.001	0.001	
10:0.....g	0.018		0	FLA	4		0.003	0.001	
12:0.....g	0.017		0	FLA	4		0.002	0.001	
13:0.....g									
14:0.....g	0.202		0	FLA	4		0.029	0.014	
15:0.....g									
16:0.....g	3.063		0	FLA	4		0.435	0.214	
17:0.....g									
18:0.....g	2.602		0	FLA	4		0.369	0.182	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	12.236		0	FLA	4		1.738	0.857	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.031		0	FLA	4		0.004	0.002	
17:1.....g									
18:1 undifferentiated.....g	12.191		0	FLA	4		1.731	0.853	
20:1.....g	0.001		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.863		0	FLA	4		0.407	0.200	
18:2 undifferentiated.....g	2.702		0	FLA	4		0.384	0.189	
18:3 undifferentiated.....g	0.161		0	FLA	4		0.023	0.011	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	9		1		1		1	1	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.115		0		1		0.016	0.008	
Threonine.....g	0.286		0		1		0.041	0.020	
Isoleucine.....g	0.354		0		1		0.050	0.025	
Leucine.....g	0.649		0		1		0.092	0.045	
Lysine.....g	0.333		0		1		0.047	0.023	
Methionine.....g	0.161		0		1		0.023	0.011	
Cystine.....g	0.185		0		1		0.026	0.013	
Phenylalanine.....g	0.442		0		1		0.063	0.031	
Tyrosine.....g	0.273		0		1		0.039	0.019	
Valine.....g	0.417		0		1		0.059	0.029	
Arginine.....g	0.396		0		1		0.056	0.028	
Histidine.....g	0.208		0		1		0.030	0.015	
Alanine.....g	0.319		0		1		0.045	0.022	
Aspartic acid.....g	0.510		0		1		0.072	0.036	
Glutamic acid.....g	2.729		0		1		0.388	0.191	
Glycine.....g	0.330		0		1		0.047	0.023	
Proline.....g	0.972		0		1		0.138	0.068	
Serine.....g	0.459		0		1		0.065	0.032	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.2g: .5 oz

NDB No. 18225

Crackers, rye, sandwich-type with cheese filling

Measure 2 = 7.0g: 1 cracker, sandwich

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18226
Crackers, rye, wafers, plain

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	5.00		1		1		0.71	3.05	0.55
Energy.....kcal	334		0	NC	4		47	204	37
Energy.....kJ	1397		0		4		198	852	154
Protein (N x 5.9).....g	9.60	0.101	21		1		1.36	5.86	1.06
Total lipid (fat).....g	0.90	0.054	21		1		0.13	0.55	0.10
Ash.....g	4.10	0.180	21		1		0.58	2.50	0.45
Carbohydrate, by difference.....g	80.40		0	NC	4		11.42	49.04	8.84
Fiber, total dietary.....g	22.9		0		4		3.3	14.0	2.5
Sugars, total.....g	1.01		0	FLA	4		0.14	0.62	0.11
Starch.....g									
Minerals:									
Calcium, Ca.....mg	40	1.353	21		1		6	24	4
Iron, Fe.....mg	5.94	0.536	21		1		0.84	3.62	0.65
Magnesium, Mg.....mg	121	1.361	21		1		17	74	13
Phosphorus, P.....mg	334	9.126	21		1		47	204	37
Potassium, K.....mg	495		2		1		70	302	54
Sodium, Na.....mg	557		0	LC	8		79	340	61
Zinc, Zn.....mg	2.80	0.096	21		1		0.40	1.71	0.31
Copper, Cu.....mg	0.461	0.028	21		1		0.065	0.281	0.051
Manganese, Mn.....mg	5.366		0	FLA	4		0.762	3.273	0.590
Selenium, Se.....µg	23.8	21.934	3	A	1		3.4	14.5	2.6
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	FLA	4		0.0	0.1	0.0
Thiamin.....mg	0.427	0.056	14		1		0.061	0.260	0.047
Riboflavin.....mg	0.289	0.029	14		1		0.041	0.176	0.032
Niacin.....mg	1.581	0.103	21		1		0.225	0.964	0.174
Pantothenic acid.....mg	0.569	0.032	17		1		0.081	0.347	0.063
Vitamin B-6.....mg	0.271	0.017	21		1		0.038	0.165	0.030
Folate, total.....µg	45	5.680	17		1		6	27	5
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	45	5.680	17		1		6	27	5
Folate, DFE.....mcg_DFE	45		0	NC	4		6	27	5
Choline, total.....mg	20.0		0	FLC	4		2.8	12.2	2.2
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....µg	0		0	FLA	4		0	0	0
Carotene, beta.....µg	2		0	FLA	4		0	1	0
Carotene, alpha.....µg	1		0	FLA	4		0	1	0
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	0
Vitamin A, IU.....IU	5		0	FLA	4		1	3	1
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	245		0	FLA	4		35	150	27
Vitamin E (alpha-tocopherol).....mg	0.80		0	FLA	4		0.11	0.49	0.09
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	5.7		0	FLA	4		0.8	3.5	0.6
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									
Lipids:									

NDB No. 18226
Crackers, rye, wafers, plain

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.108		0		1		0.015	0.066	0.012
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.001		0		1		0.000	0.001	0.000
15:0.....g									
16:0.....g	0.101		0		1		0.014	0.062	0.011
17:0.....g									
18:0.....g	0.006		0		1		0.001	0.004	0.001
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.152		0		1		0.022	0.093	0.017
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.000	0.002	0.000
17:1.....g									
18:1 undifferentiated.....g	0.145		0		1		0.021	0.088	0.016
20:1.....g	0.004		0		1		0.001	0.002	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.397		0		1		0.056	0.242	0.044
18:2 undifferentiated.....g	0.349		0		1		0.050	0.213	0.038
18:3 undifferentiated.....g	0.048		0		1		0.007	0.029	0.005
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.2g: .5 oz

Measure 2 = 61g: 1 cup, crushed

Measure 3 = 11.0g: 1 cracker (4-1/2" x 2-1/2" x 1/8")

Calories Factors: Protein 3

Fat 8.4

Carbohydrate 3.7

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18227
Crackers, rye, wafers, seasoned

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	4.00		2		1		0.57	0.88	
Energy.....kcal	381		0	NC	4		54	84	
Energy.....kJ	1594				4		226	351	
Protein (N x 5.9).....g	9.00	0.147	7		1		1.28	1.98	
Total lipid (fat).....g	9.20	1.005	6		1		1.31	2.02	
Ash.....g	4.00	0.359	3		1		0.57	0.88	
Carbohydrate, by difference.....g	73.80		0		4		10.48	16.24	
Fiber, total dietary.....g	20.9		0		4		3.0	4.6	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	44	4.717	5		1		6	10	
Iron, Fe.....mg	3.04	0.199	6		1		0.43	0.67	
Magnesium, Mg.....mg	106	5.237	5		1		15	23	
Phosphorus, P.....mg	307	11.601	5		1		44	68	
Potassium, K.....mg	454	9.327	5		1		64	100	
Sodium, Na.....mg	887	51.905	6		1		126	195	
Zinc, Zn.....mg	2.55	0.093	5		1		0.36	0.56	
Copper, Cu.....mg	0.495	0.026	5		1		0.070	0.109	
Manganese, Mn.....mg	2.371		0	FLA	4		0.337	0.522	
Selenium, Se.....µg	32.5		0	FLA	4		4.6	7.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.316	0.035	6		1		0.045	0.070	
Riboflavin.....mg	0.223	0.031	6		1		0.032	0.049	
Niacin.....mg	2.474	0.528	6		1		0.351	0.544	
Pantothenic acid.....mg	0.558		2		1		0.079	0.123	
Vitamin B-6.....mg	0.190		2		1		0.027	0.042	
Folate, total.....µg	52		2		1		7	11	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	52		2		1		7	11	
Folate, DFE.....mcg_DFE	52		0	NC	4		7	11	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	8		0	FLA	4		1	2	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.287		0	FLA	4		0.183	0.283	
4:0.....g	0.000		0	FLA	4		0.000	0.000	

NDB No. 18227
Crackers, rye, wafers, seasoned

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
6:0.....g	0.000		0	FLA	4	0.000	0.000
8:0.....g	0.000		0	FLA	4	0.000	0.000
10:0.....g	0.000		0	FLA	4	0.000	0.000
12:0.....g	0.000		0	FLA	4	0.000	0.000
13:0.....g							
14:0.....g	0.000		0	FLA	4	0.000	0.000
15:0.....g							
16:0.....g	0.921		0	FLA	4	0.131	0.203
17:0.....g							
18:0.....g	0.352		0	FLA	4	0.050	0.077
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	3.270		0	FLA	4	0.464	0.719
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.037		0	FLA	4	0.005	0.008
17:1.....g							
18:1 undifferentiated.....g	3.215		0	FLA	4	0.457	0.707
20:1.....g	0.011		0	FLA	4	0.002	0.002
22:1 undifferentiated.....g	0.000		0	FLA	4	0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	3.608		0	FLA	4	0.512	0.794
18:2 undifferentiated.....g	3.283		0	FLA	4	0.466	0.722
18:3 undifferentiated.....g	0.318		0	FLA	4	0.045	0.070
18:4.....g	0.000		0	FLA	4	0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0	FLA	4	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	FLA	4	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0	FLA	4	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	FLA	4	0.000	0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0		4	0	0
Phytosterols.....mg							

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.2g: .5 oz
 Measure 2 = 22g: 1 cracker, triple

Calories Factors: Protein 3

Fat 8.8

Carbohydrate 3.7

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

Crackers, saltines (includes oyster, soda, soup)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	15.4		2	A	1	2.2	10.8	2.3	
Dihydrophyloquinone.....µg	14.6	8.690	4	A	1	2.1	10.2	2.2	
Menaquinone-4.....µg	0.0		2	A	1	0.0	0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	2.001		0	NC	4	0.284	1.400	0.300	
4:0.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
6:0.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
8:0.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
10:0.....g	0.005	0.005	4	A	1	0.001	0.003	0.001	
12:0.....g	0.001	0.001	4	A	1	0.000	0.001	0.000	
13:0.....g									
14:0.....g	0.016	0.001	4	A	1	0.002	0.011	0.002	
15:0.....g	0.003	0.000	4	A	1	0.000	0.002	0.000	
16:0.....g	1.165	0.005	4	A	1	0.165	0.815	0.175	
17:0.....g	0.008	0.000	4	A	1	0.001	0.006	0.001	
18:0.....g	0.743	0.008	4	A	1	0.106	0.520	0.112	
20:0.....g	0.025	0.001	4	A	1	0.004	0.018	0.004	
22:0.....g	0.023	0.001	4	A	1	0.003	0.016	0.003	
24:0.....g	0.011	0.002	4	A	1	0.002	0.008	0.002	
Fatty acids, total monounsaturated.....g	2.247		0	NC	4	0.319	1.573	0.337	
14:1.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
15:1.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
16:1 undifferentiated.....g	0.008	0.001	4	AS	1	0.001	0.006	0.001	
16:1 c.....g	0.008	0.001	4	A	1	0.001	0.006	0.001	
16:1 t.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
17:1.....g	0.003	0.000	4	A	1	0.000	0.002	0.000	
18:1 undifferentiated.....g	2.213	0.013	4	AS	1	0.314	1.549	0.332	
18:1 c.....g	1.798	0.023	4	A	1	0.255	1.259	0.270	
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.415	0.026	4	A	1	0.059	0.291	0.062	
18:1-11t (18:1t n-7).....g									
20:1.....g	0.020	0.006	4	A	1	0.003	0.014	0.003	
22:1 undifferentiated.....g	0.001	0.001	4	AS	1	0.000	0.000	0.000	
22:1 c.....g	0.001	0.001	4	A	1	0.000	0.000	0.000	
22:1 t.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
24:1 c.....g	0.002	0.001	4	A	1	0.000	0.002	0.000	
Fatty acids, total polyunsaturated.....g	4.068		0	NC	4	0.578	2.848	0.610	
18:2 undifferentiated.....g	3.624	0.023	4	AS	1	0.515	2.537	0.544	
18:2 n-6 c,c.....g	3.592	0.020	4	A	1	0.510	2.514	0.539	
18:2 CLAs.....g	0.005	0.001	4	A	1	0.001	0.003	0.001	
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.027	0.004	4	A	1	0.004	0.019	0.004	
18:3 undifferentiated.....g	0.437	0.007	4	AS	1	0.062	0.306	0.066	
18:3 n-3 c,c,c (ALA).....g	0.423	0.008	4	A	1	0.060	0.296	0.063	
18:3 n-6 c,c,c.....g	0.014	0.002	4	A	1	0.002	0.010	0.002	
18:3i.....g									
18:4.....g	0.001	0.001	4	A	1	0.000	0.001	0.000	
20:2 n-6 c,c.....g	0.003	0.000	4	A	1	0.000	0.002	0.000	
20:3 undifferentiated.....g	0.001	0.001	4	AS	1	0.000	0.000	0.000	
20:3 n-3.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
20:3 n-6.....g	0.001	0.001	4	A	1	0.000	0.000	0.000	
20:4 undifferentiated.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
21:5.....g									
22:4.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
22:5 n-3 (DPA).....g	0.003	0.000	4	A	1	0.000	0.002	0.000	

NDB No. 18228

Crackers, saltines (includes oyster, soda, soup)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.443		0	NC	4		0.063	0.310	0.066
Fatty acids, total trans-monoenoic.....g	0.415		0	NC	4		0.059	0.291	0.062
Fatty acids, total trans-polyenoic.....g	0.027		0	NC	4		0.004	0.019	0.004
Cholesterol.....mg	0	0.137	3	A	1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.116		0	A	1		0.016	0.081	0.017
Threonine.....g	0.268		0	A	1		0.038	0.187	0.040
Isoleucine.....g	0.333		0	A	1		0.047	0.233	0.050
Leucine.....g	0.652		0	A	1		0.093	0.456	0.098
Lysine.....g	0.172		0	A	1		0.024	0.120	0.026
Methionine.....g	0.147		0	A	1		0.021	0.103	0.022
Cystine.....g	0.232		0	A	1		0.033	0.163	0.035
Phenylalanine.....g	0.450		0	A	1		0.064	0.315	0.067
Tyrosine.....g	0.182		0	A	1		0.026	0.128	0.027
Valine.....g	0.399		0	A	1		0.057	0.280	0.060
Arginine.....g	0.349		0	A	1		0.050	0.244	0.052
Histidine.....g	0.197		0	A	1		0.028	0.138	0.030
Alanine.....g	0.318		0	A	1		0.045	0.223	0.048
Aspartic acid.....g	0.415		0	A	1		0.059	0.290	0.062
Glutamic acid.....g	3.158		0	A	1		0.448	2.211	0.474
Glycine.....g	0.344		0	A	1		0.049	0.241	0.052
Proline.....g	1.046		0	A	1		0.149	0.732	0.157
Serine.....g	0.445		0	A	1		0.063	0.311	0.067
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.2g: .5 oz

Measure 2 = 70g: 1 cup, crushed

Measure 3 = 15.0g: 5 crackers square (1 serving)

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18457

Crackers, saltines, fat-free, low-sodium

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.40		1		1		0.51	1.02	
Energy.....kcal	393		0	NC	4		59	118	
Energy.....kJ	1644		0		4		247	493	
Protein (N x 5.7).....g	10.50		1		1		1.58	3.15	
Total lipid (fat).....g	1.60		1		1		0.24	0.48	
Ash.....g	2.20		1		1		0.33	0.66	
Carbohydrate, by difference.....g	82.30		0	NC	4		12.35	24.69	
Fiber, total dietary.....g	2.7		1		1		0.4	0.8	
Sugars, total.....g	0.38		0	FLA	4		0.06	0.11	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	22		1		1		3	7	
Iron, Fe.....mg	7.72		1		1		1.16	2.32	
Magnesium, Mg.....mg	26		1		1		4	8	
Phosphorus, P.....mg	113		1		1		17	34	
Potassium, K.....mg	115		1		1		17	35	
Sodium, Na.....mg	716		0	LC	8		107	215	
Zinc, Zn.....mg	0.94		1		1		0.14	0.28	
Copper, Cu.....mg	0.145		1		1		0.022	0.044	
Manganese, Mn.....mg	0.637		1		1		0.096	0.191	
Selenium, Se.....µg	21.4		0	FLA	4		3.2	6.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0	0.0	
Thiamin.....mg	0.518		1		1		0.078	0.155	
Riboflavin.....mg	0.590		1		1		0.089	0.177	
Niacin.....mg	5.714		1		1		0.857	1.714	
Pantothenic acid.....mg	0.390		1		1		0.059	0.117	
Vitamin B-6.....mg	0.085		1		1		0.013	0.026	
Folate, total.....µg	124		0	BFZN	4		19	37	
Folic acid.....µg	111		0	NC	4		17	33	
Folate, food.....µg	13		1		1		2	4	
Folate, DFE.....mcg_DFE	202		0	NC	4		30	61	
Choline, total.....mg	19.6		0	BFZN	4		2.9	5.9	
Betaine.....mg									
Vitamin B-12.....µg	0.00		1		1		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	FLA	4		0	0	
Carotene, beta.....µg	0		0	Z	7		0	0	
Carotene, alpha.....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	0		1		1		0	0	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	9		0	FLA	4		1	3	
Vitamin E (alpha-tocopherol).....mg	0.12		0	FLA	4		0.02	0.04	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	4.9		0	FLA	4		0.7	1.5	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.244		0		1		0.037	0.073	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.001		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.228		0		1		0.034	0.068	
17:0.....g									
18:0.....g	0.010		0		1		0.002	0.003	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.142		0		1		0.021	0.043	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0		1		0.001	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.138		0		1		0.021	0.041	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.685		0		1		0.103	0.206	
18:2 undifferentiated.....g	0.647		0		1		0.097	0.194	
18:3 undifferentiated.....g	0.038		0		1		0.006	0.011	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.138		0		1		0.021	0.041	
Threonine.....g	0.287		0		1		0.043	0.086	
Isoleucine.....g	0.378		0		1		0.057	0.113	
Leucine.....g	0.716		0		1		0.107	0.215	
Lysine.....g	0.290		0		1		0.044	0.087	
Methionine.....g	0.180		0		1		0.027	0.054	
Cystine.....g	0.224		0		1		0.034	0.067	
Phenylalanine.....g	0.514		0		1		0.077	0.154	
Tyrosine.....g	0.309		0		1		0.046	0.093	
Valine.....g	0.439		0		1		0.066	0.132	
Arginine.....g	0.413		0		1		0.062	0.124	
Histidine.....g	0.224		0		1		0.034	0.067	
Alanine.....g	0.327		0		1		0.049	0.098	
Aspartic acid.....g	0.443		0		1		0.066	0.133	
Glutamic acid.....g	3.494		0		1		0.524	1.048	
Glycine.....g	0.367		0		1		0.055	0.110	
Proline.....g	1.190		0		1		0.179	0.357	
Serine.....g	0.536		0		1		0.080	0.161	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18457

Crackers, saltines, fat-free, low-sodium

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Deriv	Source	Measure 1	Measure 2	Measure 3
			of Data	Code	Confidence			
			Points	Code	Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 15.0g: 3 saltines

Measure 2 = 30g: 6 saltines

Calories Factors: Protein 4

Fat 8.4

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18425

Crackers, saltines, low salt (includes oyster, soda, soup)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7	0	0	0	
Vitamin K (phylloquinone).....µg	15.4		2	A	1	2.2	6.9	0.5	
Dihydrophyloquinone.....µg	14.6	8.690	4	A	1	2.1	6.6	0.4	
Menaquinone-4.....µg	0.0		2	A	1	0.0	0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	2.001		0	NC	4	0.284	0.900	0.060	
4:0.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
6:0.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
8:0.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
10:0.....g	0.005	0.005	4	A	1	0.001	0.002	0.000	
12:0.....g	0.001	0.001	4	A	1	0.000	0.000	0.000	
13:0.....g									
14:0.....g	0.016	0.001	4	A	1	0.002	0.007	0.000	
15:0.....g	0.003	0.000	4	A	1	0.000	0.001	0.000	
16:0.....g	1.165	0.005	4	A	1	0.165	0.524	0.035	
17:0.....g	0.008	0.000	4	A	1	0.001	0.004	0.000	
18:0.....g	0.743	0.008	4	A	1	0.106	0.335	0.022	
20:0.....g	0.025	0.001	4	A	1	0.004	0.011	0.001	
22:0.....g	0.023	0.001	4	A	1	0.003	0.010	0.001	
24:0.....g	0.011	0.002	4	A	1	0.002	0.005	0.000	
Fatty acids, total monounsaturated.....g	2.247		0	NC	4	0.319	1.011	0.067	
14:1.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
15:1.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
16:1 undifferentiated.....g	0.008	0.001	4	AS	1	0.001	0.004	0.000	
16:1 c.....g	0.008	0.001	4	A	1	0.001	0.004	0.000	
16:1 t.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
17:1.....g	0.003	0.000	4	A	1	0.000	0.001	0.000	
18:1 undifferentiated.....g	2.213	0.013	4	AS	1	0.314	0.996	0.066	
18:1 c.....g	1.798	0.023	4	A	1	0.255	0.809	0.054	
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.415	0.026	4	A	1	0.059	0.187	0.012	
18:1-11t (18:1t n-7).....g									
20:1.....g	0.020	0.006	4	A	1	0.003	0.009	0.001	
22:1 undifferentiated.....g	0.001	0.001	4	AS	1	0.000	0.000	0.000	
22:1 c.....g	0.001	0.001	4	A	1	0.000	0.000	0.000	
22:1 t.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
24:1 c.....g	0.002	0.001	4	A	1	0.000	0.001	0.000	
Fatty acids, total polyunsaturated.....g	4.068		0	NC	4	0.578	1.831	0.122	
18:2 undifferentiated.....g	3.624	0.023	4	AS	1	0.515	1.631	0.109	
18:2 n-6 c,c.....g	3.592	0.020	4	A	1	0.510	1.616	0.108	
18:2 CLAs.....g	0.005	0.001	4	A	1	0.001	0.002	0.000	
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.027	0.004	4	A	1	0.004	0.012	0.001	
18:3 undifferentiated.....g	0.437	0.007	4	AS	1	0.062	0.197	0.013	
18:3 n-3 c,c,c (ALA).....g	0.423	0.008	4	A	1	0.060	0.190	0.013	
18:3 n-6 c,c,c.....g	0.014	0.002	4	A	1	0.002	0.006	0.000	
18:3i.....g									
18:4.....g	0.001	0.001	4	A	1	0.000	0.000	0.000	
20:2 n-6 c,c.....g	0.003	0.000	4	A	1	0.000	0.001	0.000	
20:3 undifferentiated.....g	0.001	0.001	4	AS	1	0.000	0.000	0.000	
20:3 n-3.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
20:3 n-6.....g	0.001	0.001	4	A	1	0.000	0.000	0.000	
20:4 undifferentiated.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
21:5.....g									
22:4.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
22:5 n-3 (DPA).....g	0.003	0.000	4	A	1	0.000	0.001	0.000	

NDB No. 18425

Crackers, saltines, low salt (includes oyster, soda, soup)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.443		0	NC	4		0.063	0.199	0.013
Fatty acids, total trans-monoenoic.....g	0.415		0	NC	4		0.059	0.187	0.012
Fatty acids, total trans-polyenoic.....g	0.027		0	NC	4		0.004	0.012	0.001
Cholesterol.....mg	0		0	FLA	4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.122		0	FLA	4		0.017	0.055	0.004
Threonine.....g	0.274		0	FLA	4		0.039	0.123	0.008
Isoleucine.....g	0.344		0	FLA	4		0.049	0.155	0.010
Leucine.....g	0.681		0	FLA	4		0.097	0.307	0.020
Lysine.....g	0.230		0	FLA	4		0.033	0.103	0.007
Methionine.....g	0.177		0	FLA	4		0.025	0.080	0.005
Cystine.....g	0.208		0	FLA	4		0.030	0.093	0.006
Phenylalanine.....g	0.493		0	FLA	4		0.070	0.222	0.015
Tyrosine.....g	0.300		0	FLA	4		0.043	0.135	0.009
Valine.....g	0.401		0	FLA	4		0.057	0.180	0.012
Arginine.....g	0.407		0	FLA	4		0.058	0.183	0.012
Histidine.....g	0.221		0	FLA	4		0.031	0.100	0.007
Alanine.....g	0.324		0	FLA	4		0.046	0.146	0.010
Aspartic acid.....g	0.428		0	FLA	4		0.061	0.193	0.013
Glutamic acid.....g	3.283		0	FLA	4		0.466	1.477	0.098
Glycine.....g	0.358		0	FLA	4		0.051	0.161	0.011
Proline.....g	1.137		0	FLA	4		0.161	0.512	0.034
Serine.....g	0.493		0	FLA	4		0.070	0.222	0.015
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.2g: .5 oz

Measure 2 = 45g: 1 cup oyster crackers

Measure 3 = 3.0g: 1 cracker

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18426

Crackers, saltines, unsalted tops (includes oyster, soda, soup)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.055		0	BFZN	4		0.008	0.002	
15:0.....g									
16:0.....g	1.545		0	BFZN	4		0.219	0.046	
17:0.....g									
18:0.....g	1.329		0	BFZN	4		0.189	0.040	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.422		0	BFZN	4		0.912	0.193	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0	BFZN	4		0.001	0.000	
17:1.....g									
18:1 undifferentiated.....g	6.417		0	BFZN	4		0.911	0.193	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.679		0	BFZN	4		0.238	0.050	
18:2 undifferentiated.....g	1.593		0	BFZN	4		0.226	0.048	
18:3 undifferentiated.....g	0.086		0	BFZN	4		0.012	0.003	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.000	9		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.122		0		4		0.017	0.004	
Threonine.....g	0.256		0		4		0.036	0.008	
Isoleucine.....g	0.334		0		4		0.047	0.010	
Leucine.....g	0.632		0		4		0.090	0.019	
Lysine.....g	0.258		0		4		0.037	0.008	
Methionine.....g	0.159		0		4		0.023	0.005	
Cystine.....g	0.198		0		4		0.028	0.006	
Phenylalanine.....g	0.452		0		4		0.064	0.014	
Tyrosine.....g	0.274		0		4		0.039	0.008	
Valine.....g	0.387		0		4		0.055	0.012	
Arginine.....g	0.366		0		4		0.052	0.011	
Histidine.....g	0.198		0		4		0.028	0.006	
Alanine.....g	0.292		0		4		0.041	0.009	
Aspartic acid.....g	0.394		0		4		0.056	0.012	
Glutamic acid.....g	3.066		0		4		0.435	0.092	
Glycine.....g	0.324		0		4		0.046	0.010	
Proline.....g	1.046		0		4		0.149	0.031	
Serine.....g	0.472		0		4		0.067	0.014	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.2g: .5 oz

NDB No. 18426

Crackers, saltines, unsalted tops (includes oyster, soda, soup)

Measure 2 = 3.0g: 1 cracker

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18966

Crackers, saltines, whole wheat (includes multi-grain)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	9.85		0	FLC	4		1.38		
Energy.....kcal	398		0	NC	4		56		
Energy.....kJ	1665		0	NC	4		233		
Protein.....g	7.14		1	LC	8		1.00		
Total lipid (fat).....g	10.71		1	LC	8		1.50		
Ash.....g	4.04		0	FLC	4		0.57		
Carbohydrate, by difference.....g	68.25		0	NC	4		9.55		
Fiber, total dietary.....g	0.0		1	LC	8		0.0		
Sugars, total.....g	0.00		1	LC	8		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		1	LC	8		0		
Iron, Fe.....mg	5.14		1	LC	8		0.72		
Magnesium, Mg.....mg	70		0	FLC	4		10		
Phosphorus, P.....mg	196		0	FLC	4		27		
Potassium, K.....mg	221		0	FLC	4		31		
Sodium, Na.....mg	1214		1	LC	8		170		
Zinc, Zn.....mg	1.46		0	FLC	4		0.20		
Copper, Cu.....mg	0.266		0	FLC	4		0.037		
Manganese, Mn.....mg	1.494		0	FLC	4		0.209		
Selenium, Se.....µg	25.8		0	FLC	4		3.6		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	LC	8		0.0		
Thiamin.....mg	0.465		0	FLC	4		0.065		
Riboflavin.....mg	0.225		0	FLC	4		0.032		
Niacin.....mg	4.427		0	FLC	4		0.620		
Pantothenic acid.....mg	0.654		0	FLC	4		0.091		
Vitamin B-6.....mg	0.213		0	FLC	4		0.030		
Folate, total.....µg	82		0	FLC	4		12		
Folic acid.....µg	52		0	FLC	4		7		
Folate, food.....µg	30		0	FLC	4		4		
Folate, DFE.....mcg_DFE	119		0	NC	4		17		
Choline, total.....mg	8.1		0	FLC	4		1.1		
Betaine.....mg	12.5		0	FLC	4		1.7		
Vitamin B-12.....µg	0.00		0	FLC	4		0.00		
Vitamin B-12, added.....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....µg	0		0	FLC	4		0		
Carotene, beta.....µg	1		0	FLC	4		0		
Carotene, alpha.....µg	0		0	FLC	4		0		
Cryptoxanthin, beta.....µg	0		0	FLC	4		0		
Vitamin A, IU.....IU	0		1	LC	8		0		
Lycopene.....µg	0		0	FLC	4		0		
Lutein + zeaxanthin.....µg	80		0	FLC	4		11		
Vitamin E (alpha-tocopherol).....mg	1.19		0	FLC	4		0.17		
Vitamin E, added.....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	FLC	4		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	FLC	4		0		
Vitamin K (phylloquinone).....µg	18.3		0	FLC	4		2.6		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 18966

Crackers, saltines, whole wheat (includes multi-grain)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.000		1	LC	8		0.000		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.000		0	FLC	4		0.000		
12:0.....g	0.000		0	FLC	4		0.000		
13:0.....g									
14:0.....g	0.000		0	FLC	4		0.000		
15:0.....g	0.000		0	FLC	4		0.000		
16:0.....g	0.000		0	FLC	4		0.000		
17:0.....g	0.000		0	FLC	4		0.000		
18:0.....g	0.000		0	FLC	4		0.000		
20:0.....g	0.000		0	FLC	4		0.000		
22:0.....g	0.000		0	FLC	4		0.000		
24:0.....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated.....g	2.793		0	FLC	4		0.391		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated.....g	0.005		0	FLC	4		0.001		
17:1.....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated.....g	2.752		0	FLC	4		0.385		
20:1.....g	0.032		0	FLC	4		0.004		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated.....g	7.229		0	FLC	4		1.012		
18:2 undifferentiated.....g	6.437		0	FLC	4		0.901		
18:3 undifferentiated.....g	0.789		0	FLC	4		0.110		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated.....g	0.002		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.000		1	LC	8		0.000		
Cholesterol.....mg	0		1	LC	8		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.0g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18960
Crackers, snack, GOYA CRACKERS

Latino food
 Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	5.93		1	A	1		1.78	0.75	
Energy.....kcal	433		0	LC	8		130	55	
Energy.....kJ	1812		0	LC	8		544	230	
Protein (N x 6.25).....g	14.25		1	A	1		4.27	1.81	
Total lipid (fat).....g	13.35		1	A	1		4.01	1.70	
Ash.....g	2.12		1	A	1		0.64	0.27	
Carbohydrate, by difference.....g	64.35		0	NC	4		19.31	8.17	
Fiber, total dietary.....g	3.8		1	A	1		1.1	0.5	
Sugars, total.....g	2.35		1	A	1		0.70	0.30	
Sucrose.....g	0.00		1	A	1		0.00	0.00	
Glucose (dextrose).....g	0.00		1	A	1		0.00	0.00	
Fructose.....g	0.47		1	A	1		0.14	0.06	
Lactose.....g	0.00		1	A	1		0.00	0.00	
Maltose.....g	1.88		1	A	1		0.56	0.24	
Galactose.....g	0.00		1	A	1		0.00	0.00	
Starch.....g	57.80		1	A	1		17.34	7.34	
Minerals:									
Calcium, Ca.....mg	16		1	A	1		5	2	
Iron, Fe.....mg	5.66		1	A	1		1.70	0.72	
Magnesium, Mg.....mg	39		1	A	1		12	5	
Phosphorus, P.....mg	145		1	A	1		44	18	
Potassium, K.....mg	124		1	A	1		37	16	
Sodium, Na.....mg	665		1	A	1		200	84	
Zinc, Zn.....mg	1.17		1	A	1		0.35	0.15	
Copper, Cu.....mg	0.155		1	A	1		0.047	0.020	
Manganese, Mn.....mg	0.625		1	A	1		0.188	0.079	
Selenium, Se.....µg									
Lipids:									
Fatty acids, total saturated.....g	6.323		0	NC	4		1.897	0.803	
4:0.....g	0.004		1	A	1		0.001	0.000	
6:0.....g	0.000		1	A	1		0.000	0.000	
8:0.....g	0.005		1	A	1		0.001	0.001	
10:0.....g	0.005		1	A	1		0.001	0.001	
12:0.....g	0.038		1	A	1		0.011	0.005	
13:0.....g									
14:0.....g	0.132		1	A	1		0.039	0.017	
15:0.....g	0.007		1	A	1		0.002	0.001	
16:0.....g	5.490		1	A	1		1.647	0.697	
17:0.....g	0.014		1	A	1		0.004	0.002	
18:0.....g	0.563		1	A	1		0.169	0.071	
20:0.....g	0.045		1	A	1		0.013	0.006	
22:0.....g	0.009		1	A	1		0.003	0.001	
24:0.....g	0.012		1	A	1		0.004	0.002	
Fatty acids, total monounsaturated.....g	4.697		0	NC	4		1.409	0.596	
14:1.....g	0.000		1	A	1		0.000	0.000	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.022		0	AS	1		0.007	0.003	
16:1 c.....g	0.022		1	A	1		0.007	0.003	
16:1 t.....g	0.000		1	A	1		0.000	0.000	
17:1.....g	0.003		1	A	1		0.001	0.000	
18:1 undifferentiated.....g	4.639		0	AS	1		1.392	0.589	
18:1 c.....g	4.629		1	A	1		1.389	0.588	
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.010		1	A	1		0.003	0.001	
18:1-11t (18:1t n-7).....g									
20:1.....g	0.025		1	A	1		0.008	0.003	
22:1 undifferentiated.....g	0.002		0	AS	1		0.001	0.000	

NDB No. 18960
Crackers, snack, GOYA CRACKERS

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
22:1 c.....g	0.002		1	A	1	0.001	0.000	
22:1 t.....g	0.000		1	A	1	0.000	0.000	
24:1 c.....g	0.006		1	A	1	0.002	0.001	
Fatty acids, total polyunsaturated.....g	1.536		0	NC	4	0.461	0.195	
18:2 undifferentiated.....g	1.492		0	AS	1	0.448	0.189	
18:2 n-6 c,c.....g	1.435		1	A	1	0.430	0.182	
18:2 CLAs.....g	0.004		1	A	1	0.001	0.000	
18:2 c,t.....g								
18:2 t,c.....g								
18:2 t,t.....g								
18:2 i.....g								
18:2 t not further defined.....g	0.053		1	A	1	0.016	0.007	
18:3 undifferentiated.....g	0.038		0	AS	1	0.011	0.005	
18:3 n-3 c,c,c (ALA).....g	0.038		1	A	1	0.011	0.005	
18:3 n-6 c,c,c.....g	0.000		1	A	1	0.000	0.000	
18:3i.....g								
18:4.....g	0.000		1	A	1	0.000	0.000	
20:2 n-6 c,c.....g	0.001		1	A	1	0.000	0.000	
20:3 undifferentiated.....g	0.000		0	AS	1	0.000	0.000	
20:3 n-3.....g	0.000		1	A	1	0.000	0.000	
20:3 n-6.....g	0.000		1	A	1	0.000	0.000	
20:4 undifferentiated.....g	0.002		1	A	1	0.001	0.000	
20:4 n-3.....g								
20:4 n-6.....g								
20:5 n-3 (EPA).....g	0.002		1	A	1	0.001	0.000	
21:5.....g								
22:4.....g	0.001		1	A	1	0.000	0.000	
22:5 n-3 (DPA).....g	0.000		1	A	1	0.000	0.000	
22:6 n-3 (DHA).....g	0.000		1	A	1	0.000	0.000	
Fatty acids, total trans.....g	0.063		0	NC	4	0.019	0.008	
Fatty acids, total trans-monoenoic.....g	0.010		0	NC	4	0.003	0.001	
Fatty acids, total trans-polyenoic.....g	0.053		0	NC	4	0.016	0.007	
Cholesterol.....mg								
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 serving (1 NLEA serving - about 4 crackers)

Measure 2 = 12.7g: 1 cracker

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18229

Crackers, standard snack-type, regular

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.46	0.175	8	A	1		0.55	0.11	0.14
Energy.....kcal	504		0	NC	4		81	16	20
Energy.....kJ	2110		0	NC	4		338	68	84
Protein.....g	6.60	0.250	8	A	1		1.06	0.21	0.26
Total lipid (fat).....g	25.83	1.014	8	A	1		4.13	0.83	1.03
Ash.....g	2.74	0.092	8	A	1		0.44	0.09	0.11
Carbohydrate, by difference.....g	61.37		0	NC	4		9.82	1.96	2.45
Fiber, total dietary.....g	2.1	0.123	8	A	1		0.3	0.1	0.1
Sugars, total.....g	7.45	0.288	8	A	1		1.19	0.24	0.30
Sucrose.....g	5.75	0.247	8	A	1		0.92	0.18	0.23
Glucose (dextrose).....g	0.60	0.033	8	A	1		0.10	0.02	0.02
Fructose.....g	0.42	0.066	8	A	1		0.07	0.01	0.02
Lactose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose.....g	0.68	0.057	8	A	1		0.11	0.02	0.03
Galactose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Starch.....g	50.37	0.396	8	A	1		8.06	1.61	2.01
Minerals:									
Calcium, Ca.....mg	95	22.398	8	A	1		15	3	4
Iron, Fe.....mg	3.81	0.262	8	A	1		0.61	0.12	0.15
Magnesium, Mg.....mg	18	0.587	8	A	1		3	1	1
Phosphorus, P.....mg	258	8.845	8	A	1		41	8	10
Potassium, K.....mg	111	3.849	8	A	1		18	4	4
Sodium, Na.....mg	865	24.159	8	A	1		138	28	35
Zinc, Zn.....mg	0.58	0.021	8	A	1		0.09	0.02	0.02
Copper, Cu.....mg	0.110	0.005	8	A	1		0.018	0.004	0.004
Manganese, Mn.....mg	0.572	0.020	8	A	1		0.091	0.018	0.023
Selenium, Se.....µg	3.6	0.464	8	A	1		0.6	0.1	0.1
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	0.0
Thiamin.....mg	0.437	0.013	8	A	1		0.070	0.014	0.017
Riboflavin.....mg	0.226	0.027	8	A	1		0.036	0.007	0.009
Niacin.....mg	4.180	0.276	8	A	1		0.669	0.134	0.167
Pantothenic acid.....mg	0.390		2	A	1		0.062	0.012	0.016
Vitamin B-6.....mg	0.055		2	A	1		0.009	0.002	0.002
Folate, total.....µg	118		2	A	1		19	4	5
Folic acid.....µg	98		2	A	1		16	3	4
Folate, food.....µg	21		0	AS	1		3	1	1
Folate, DFE.....mcg_DFE	186		0	NC	4		30	6	7
Choline, total.....mg	13.8		0	AS	1		2.2	0.4	0.6
Betaine.....mg	51.9		1	A	1		8.3	1.7	2.1
Vitamin B-12.....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....µg	0		0	FLA	4		0	0	0
Carotene, beta.....µg	0		0	FLA	4		0	0	0
Carotene, alpha.....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	0
Vitamin A, IU.....IU	0		0	NC	4		0	0	0
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	12		0	FLA	4		2	0	0
Vitamin E (alpha-tocopherol).....mg	3.58	0.139	4	A	1		0.57	0.11	0.14
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta.....mg	0.30	0.061	4	A	1		0.05	0.01	0.01
Tocopherol, gamma.....mg	13.52	0.597	4	A	1		2.16	0.43	0.54
Tocopherol, delta.....mg	4.07	0.080	4	A	1		0.65	0.13	0.16
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0

NDB No. 18229

Crackers, standard snack-type, regular

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:4.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.005	0.000	8	A	1		0.001	0.000	0.000
22:6 n-3 (DHA).....g	0.000	0.000	8	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.862		0	NC	4		0.138	0.028	0.034
Fatty acids, total trans-monoenoic.....g	0.708		0	NC	4		0.113	0.023	0.028
Fatty acids, total trans-polyenoic.....g	0.155		0	NC	4		0.025	0.005	0.006
Cholesterol.....mg	0		0	FLA	4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.084		0	A	1		0.013	0.003	0.003
Threonine.....g	0.193		0	A	1		0.031	0.006	0.008
Isoleucine.....g	0.246		0	A	1		0.039	0.008	0.010
Leucine.....g	0.471		0	A	1		0.075	0.015	0.019
Lysine.....g	0.103		0	A	1		0.016	0.003	0.004
Methionine.....g	0.112		0	A	1		0.018	0.004	0.004
Cystine.....g	0.172		0	A	1		0.028	0.006	0.007
Phenylalanine.....g	0.331		0	A	1		0.053	0.011	0.013
Tyrosine.....g	0.157		0	A	1		0.025	0.005	0.006
Valine.....g	0.294		0	A	1		0.047	0.009	0.012
Arginine.....g	0.252		0	A	1		0.040	0.008	0.010
Histidine.....g	0.145		0	A	1		0.023	0.005	0.006
Alanine.....g	0.225		0	A	1		0.036	0.007	0.009
Aspartic acid.....g	0.306		0	A	1		0.049	0.010	0.012
Glutamic acid.....g	2.298		0	A	1		0.368	0.074	0.092
Glycine.....g	0.252		0	A	1		0.040	0.008	0.010
Proline.....g	0.748		0	A	1		0.120	0.024	0.030
Serine.....g	0.316		0	A	1		0.050	0.010	0.013
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 16g: 5 crackers, regular size, round (1 serving)

Measure 2 = 3.2g: 1 cracker, round

Measure 3 = 4.0g: 1 cracker, rectangular

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18427

Crackers, standard snack-type, regular, low salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.50	0.078	157		1		0.50	2.17	2.52
Energy.....kcal	502		0	NC	4		71	311	361
Energy.....kJ	2100		0		4		298	1302	1512
Protein (N x 5.7).....g	7.40	0.093	159		1		1.05	4.59	5.33
Total lipid (fat).....g	25.30	0.329	169		1		3.59	15.69	18.22
Ash.....g	2.80	0.056	149		1		0.40	1.74	2.02
Carbohydrate, by difference.....g	61.00		0		4		8.66	37.82	43.92
Fiber, total dietary.....g	1.6		0		4		0.2	1.0	1.2
Sugars, total.....g	1.79		0	FLA	4		0.25	1.11	1.29
Starch.....g									
Minerals:									
Calcium, Ca.....mg	120	3.998	145		1		17	74	86
Iron, Fe.....mg	3.60	0.056	147		1		0.51	2.23	2.59
Magnesium, Mg.....mg	27	1.161	137		1		4	17	19
Phosphorus, P.....mg	228	6.627	139		1		32	141	164
Potassium, K.....mg	355		0		4		50	220	256
Sodium, Na.....mg	216		0	LC	8		31	134	156
Zinc, Zn.....mg	0.68	0.021	143		1		0.10	0.42	0.49
Copper, Cu.....mg	0.213	0.011	138		1		0.030	0.132	0.153
Manganese, Mn.....mg	0.556	0.014	123		1		0.079	0.345	0.400
Selenium, Se.....µg	6.6	0.653	6	A	1		0.9	4.1	4.8
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.408	0.009	129		1		0.058	0.253	0.294
Riboflavin.....mg	0.342	0.006	131		1		0.049	0.212	0.246
Niacin.....mg	4.048	0.048	133		1		0.575	2.510	2.915
Pantothenic acid.....mg	0.271	0.028	5		1		0.038	0.168	0.195
Vitamin B-6.....mg	0.053	0.003	3		1		0.008	0.033	0.038
Folate, total.....µg	90		0	FLA	4		13	56	65
Folic acid.....µg	75		0	FLA	4		11	47	54
Folate, food.....µg	14		0	FLA	4		2	9	10
Folate, DFE.....mcg_DFE	142		0	NC	4		20	88	102
Choline, total.....mg	13.8		0	BFZN	4		2.0	8.6	9.9
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....µg	0		0	FLA	4		0	0	0
Carotene, beta.....µg	0		0	Z	7		0	0	0
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	0		0		4		0	0	0
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	11		0	FLA	4		2	7	8
Vitamin E (alpha-tocopherol).....mg	2.03		0	FLA	4		0.29	1.26	1.46
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	6.3		0	FLA	4		0.9	3.9	4.5
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Crackers, standard snack-type, regular, low salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	3.776		0	BFZN	4		0.536	2.341	2.719
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
12:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.025		0	BFZN	4		0.004	0.016	0.018
15:0.....g									
16:0.....g	2.516		0	BFZN	4		0.357	1.560	1.812
17:0.....g									
18:0.....g	1.235		0	BFZN	4		0.175	0.766	0.889
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	10.640		0	BFZN	4		1.511	6.597	7.661
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.098		0	BFZN	4		0.014	0.061	0.071
17:1.....g									
18:1 undifferentiated.....g	10.517		0	BFZN	4		1.493	6.521	7.572
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	9.545		0	BFZN	4		1.355	5.918	6.872
18:2 undifferentiated.....g	8.865		0	BFZN	4		1.259	5.496	6.383
18:3 undifferentiated.....g	0.655		0	BFZN	4		0.093	0.406	0.472
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.000	7		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.091		0		4		0.013	0.056	0.066
Threonine.....g	0.202		0		4		0.029	0.125	0.145
Isoleucine.....g	0.255		0		4		0.036	0.158	0.184
Leucine.....g	0.507		0		4		0.072	0.314	0.365
Lysine.....g	0.164		0		4		0.023	0.102	0.118
Methionine.....g	0.131		0		4		0.019	0.081	0.094
Cystine.....g	0.157		0		4		0.022	0.097	0.113
Phenylalanine.....g	0.371		0		4		0.053	0.230	0.267
Tyrosine.....g	0.223		0		4		0.032	0.138	0.161
Valine.....g	0.296		0		4		0.042	0.184	0.213
Arginine.....g	0.298		0		4		0.042	0.185	0.215
Histidine.....g	0.164		0		4		0.023	0.102	0.118
Alanine.....g	0.238		0		4		0.034	0.148	0.171
Aspartic acid.....g	0.313		0		4		0.044	0.194	0.225
Glutamic acid.....g	2.475		0		4		0.351	1.535	1.782
Glycine.....g	0.265		0		4		0.038	0.164	0.191
Proline.....g	0.854		0		4		0.121	0.529	0.615
Serine.....g	0.367		0		4		0.052	0.228	0.264
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18427

Crackers, standard snack-type, regular, low salt

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 14.2g: .5 oz
- Measure 2 = 62g: 1 cup, bite size
- Measure 3 = 72g: 1 cup, crushed

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18230

Crackers, standard snack-type, sandwich, with cheese filling

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.90	0.278	7		1		0.55	0.27	
Energy.....kcal	477		0	NC	4		68	33	
Energy.....kJ	1996		0		4		283	140	
Protein (N x 5.8).....g	9.30	0.314	7		1		1.32	0.65	
Total lipid (fat).....g	21.10	0.579	7		1		3.00	1.48	
Ash.....g	4.00	0.685	3		1		0.57	0.28	
Carbohydrate, by difference.....g	61.70		0	NC	4		8.76	4.32	
Fiber, total dietary.....g	1.9		0		4		0.3	0.1	
Sugars, total.....g	3.18		0	FLA	4		0.45	0.22	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	257	17.634	6		1		36	18	
Iron, Fe.....mg	2.39	0.130	5		1		0.34	0.17	
Magnesium, Mg.....mg	36	0.872	5		1		5	3	
Phosphorus, P.....mg	406	9.721	5		1		58	28	
Potassium, K.....mg	429	53.599	6		1		61	30	
Sodium, Na.....mg	888		0	LC	8		126	62	
Zinc, Zn.....mg	0.62	0.036	5		1		0.09	0.04	
Copper, Cu.....mg	0.082	0.002	5		1		0.012	0.006	
Manganese, Mn.....mg	0.290	0.066	5		1		0.041	0.020	
Selenium, Se.....µg	21.5		0	FLA	4		3.1	1.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.446	0.015	7		1		0.063	0.031	
Riboflavin.....mg	0.684	0.069	7		1		0.097	0.048	
Niacin.....mg	3.766	0.101	7		1		0.535	0.264	
Pantothenic acid.....mg	0.509		0	FLA	4		0.072	0.036	
Vitamin B-6.....mg	0.049		0	FLA	4		0.007	0.003	
Folate, total.....µg	100		0	FLA	4		14	7	
Folic acid.....µg	86		0		4		12	6	
Folate, food.....µg	14		0		4		2	1	
Folate, DFE.....mcg_DFE	160		0	NC	4		23	11	
Choline, total.....mg	27.5		0	BFZN	4		3.9	1.9	
Betaine.....mg									
Vitamin B-12.....µg	0.10		0	FLA	4		0.01	0.01	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	17		0	NC	4		2	1	
Retinol.....µg	16		0	FLA	4		2	1	
Carotene, beta.....µg	5		0	FLA	4		1	0	
Carotene, alpha.....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	62		0	NC	4		9	4	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	10		0	FLA	4		1	1	
Vitamin E (alpha-tocopherol).....mg	0.22		0	FLA	4		0.03	0.02	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	8.3		0	FLA	4		1.2	0.6	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Crackers, standard snack-type, sandwich, with cheese filling

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	6.125		0	FLA	4		0.870	0.429	
4:0.....g	0.031		0		1		0.004	0.002	
6:0.....g	0.017		0		1		0.002	0.001	
8:0.....g	0.009		0		1		0.001	0.001	
10:0.....g	0.020		0		1		0.003	0.001	
12:0.....g	0.020		0		1		0.003	0.001	
13:0.....g									
14:0.....g	0.196		0		1		0.028	0.014	
15:0.....g									
16:0.....g	2.911		0		1		0.413	0.204	
17:0.....g									
18:0.....g	2.446		0		1		0.347	0.171	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	11.254		0	FLA	4		1.598	0.788	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.058		0	FLA	4		0.008	0.004	
17:1.....g									
18:1 undifferentiated.....g	11.165		0	FLA	4		1.585	0.782	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.567		0	FLA	4		0.365	0.180	
18:2 undifferentiated.....g	2.415		0	FLA	4		0.343	0.169	
18:3 undifferentiated.....g	0.153		0	FLA	4		0.022	0.011	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	2		1		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.120		0		1		0.017	0.008	
Threonine.....g	0.266		0		1		0.038	0.019	
Isoleucine.....g	0.348		0		1		0.049	0.024	
Leucine.....g	0.649		0		1		0.092	0.045	
Lysine.....g	0.293		0		1		0.042	0.021	
Methionine.....g	0.165		0		1		0.023	0.012	
Cystine.....g	0.189		0		1		0.027	0.013	
Phenylalanine.....g	0.447		0		1		0.063	0.031	
Tyrosine.....g	0.279		0		1		0.040	0.020	
Valine.....g	0.398		0		1		0.057	0.028	
Arginine.....g	0.361		0		1		0.051	0.025	
Histidine.....g	0.204		0		1		0.029	0.014	
Alanine.....g	0.290		0		1		0.041	0.020	
Aspartic acid.....g	0.414		0		1		0.059	0.029	
Glutamic acid.....g	2.977		0		1		0.423	0.208	
Glycine.....g	0.309		0		1		0.044	0.022	
Proline.....g	1.031		0		1		0.146	0.072	
Serine.....g	0.470		0		1		0.067	0.033	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18230

Crackers, standard snack-type, sandwich, with cheese filling

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.2g: .5 oz

Measure 2 = 7.0g: 1 cracker, sandwich

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

Crackers, standard snack-type, sandwich, with peanut butter filling

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	9.5		2	A	1		1.4		0.7
Dihydrophyloquinone.....µg	42.8		2	A	1		6.1		3.0
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	4.913		0	NC	4		0.698		0.344
4:0.....g	0.000	0.000	3	A	1		0.000		0.000
6:0.....g	0.000	0.000	3	A	1		0.000		0.000
8:0.....g	0.000	0.000	3	A	1		0.000		0.000
10:0.....g	0.000	0.000	3	A	1		0.000		0.000
12:0.....g	0.000	0.000	3	A	1		0.000		0.000
13:0.....g	0.000		1	A	1		0.000		0.000
14:0.....g	0.000	0.000	3	A	1		0.000		0.000
15:0.....g	0.000	0.000	3	A	1		0.000		0.000
16:0.....g	3.077	0.408	3	A	1		0.437		0.215
17:0.....g	0.000	0.000	3	A	1		0.000		0.000
18:0.....g	1.250	0.360	3	A	1		0.177		0.087
20:0.....g	0.190	0.005	3	A	1		0.027		0.013
22:0.....g	0.397	0.021	3	A	1		0.056		0.028
24:0.....g	0.000	0.000	3	A	1		0.000		0.000
Fatty acids, total monounsaturated.....g	13.776		0	NC	4		1.956		0.964
14:1.....g	0.000	0.000	3	A	1		0.000		0.000
15:1.....g									
16:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000		0.000
17:1.....g									
18:1 undifferentiated.....g	13.559	0.433	3	A	1		1.925		0.949
20:1.....g	0.217	0.002	3	A	1		0.031		0.015
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000		0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.655		0	NC	4		0.661		0.326
18:2 undifferentiated.....g	4.655	0.076	3	A	1		0.661		0.326
18:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000		0.000
18:4.....g	0.000	0.000	3	A	1		0.000		0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000		0.000
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000		0.000
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.000		0.000
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000		0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0		0
Phytosterols.....mg	49		0	FLC	4		7		3
Stigmasterol.....mg	0		0	FLC	4		0		0
Campesterol.....mg	0		0	FLC	4		0		0
Beta-sitosterol.....mg	0		0	FLC	4		0		0
Amino Acids:									
Tryptophan.....g	0.125		0	FLC	4		0.018		0.009
Threonine.....g	0.354		0	FLC	4		0.050		0.025
Isoleucine.....g	0.400		0	FLC	4		0.057		0.028
Leucine.....g	0.762		0	FLC	4		0.108		0.053
Lysine.....g	0.339		0	FLC	4		0.048		0.024
Methionine.....g	0.170		0	FLC	4		0.024		0.012
Cystine.....g	0.191		0	FLC	4		0.027		0.013
Phenylalanine.....g	0.582		0	FLC	4		0.083		0.041
Tyrosine.....g	0.408		0	FLC	4		0.058		0.029
Valine.....g	0.471		0	FLC	4		0.067		0.033
Arginine.....g	0.933		0	FLC	4		0.132		0.065
Histidine.....g	0.272		0	FLC	4		0.039		0.019
Alanine.....g	0.412		0	FLC	4		0.059		0.029
Aspartic acid.....g	0.959		0	FLC	4		0.136		0.067
Glutamic acid.....g	3.066		0	FLC	4		0.435		0.215
Glycine.....g	0.553		0	FLC	4		0.079		0.039

NDB No. 18231

Crackers, standard snack-type, sandwich, with peanut butter filling

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Proline.....g	0.892		0	FLC	4	0.127	0.062	
Serine.....g	0.566		0	FLC	4	0.080	0.040	
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	FLA	4	0.0	0.0	
Caffeine.....mg	0		0	FLC	4	0	0	
Theobromine.....mg	0		0	FLC	4	0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.2g: .5 oz

Measure 2 = 7.0g: 1 cracker, sandwich

Calories Factors: Protein 3.8

Fat 8.6

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18428
Crackers, wheat, low salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.10	0.095	57		1		0.44	2.57	0.06
Energy.....kcal	473		0	NC	4		67	393	9
Energy.....kJ	1979		0		4		281	1643	40
Protein (N x 5.8).....g	8.60	0.190	58		1		1.22	7.14	0.17
Total lipid (fat).....g	20.60	0.403	56		1		2.93	17.10	0.41
Ash.....g	2.80	0.091	55		1		0.40	2.32	0.06
Carbohydrate, by difference.....g	64.90		0		4		9.22	53.87	1.30
Fiber, total dietary.....g	4.5		0		4		0.6	3.7	0.1
Sugars, total.....g	13.04		0	FLA	4		1.85	10.82	0.26
Starch.....g									
Minerals:									
Calcium, Ca.....mg	49	4.931	55		1		7	41	1
Iron, Fe.....mg	4.40	0.106	56		1		0.62	3.65	0.09
Magnesium, Mg.....mg	62	1.667	52		1		9	51	1
Phosphorus, P.....mg	220	9.705	53		1		31	183	4
Potassium, K.....mg	203		0		4		29	168	4
Sodium, Na.....mg	190		0	LC	8		27	158	4
Zinc, Zn.....mg	1.60	0.067	52		1		0.23	1.33	0.03
Copper, Cu.....mg	0.318	0.027	52		1		0.045	0.264	0.006
Manganese, Mn.....mg	1.781	0.070	46		1		0.253	1.478	0.036
Selenium, Se.....µg	33.7		0	FLA	4		4.8	28.0	0.7
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.505	0.015	54		1		0.072	0.419	0.010
Riboflavin.....mg	0.327	0.014	55		1		0.046	0.271	0.007
Niacin.....mg	4.961	0.140	55		1		0.704	4.118	0.099
Pantothenic acid.....mg	0.522	0.151	3		1		0.074	0.433	0.010
Vitamin B-6.....mg	0.136		2		1		0.019	0.113	0.003
Folate, total.....µg	50		0	FLA	4		7	41	1
Folic acid.....µg	32		0		4		5	27	1
Folate, food.....µg	18		1		1		3	15	0
Folate, DFE.....mcg_DFE	72		0	NC	4		10	60	1
Choline, total.....mg	27.2		0	BFZN	4		3.9	22.6	0.5
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....µg	0		0	FLA	4		0	0	0
Carotene, beta.....µg	0		0	Z	7		0	0	0
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	0		0		4		0	0	0
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	81		0	FLA	4		12	67	2
Vitamin E (alpha-tocopherol).....mg	0.50		0	FLA	4		0.07	0.42	0.01
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	9.6		0	FLA	4		1.4	8.0	0.2
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									
Lipids:									

NDB No. 18428
Crackers, wheat, low salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	5.178		0	BFZN	4		0.735	4.298	0.104
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.008		0	BFZN	4		0.001	0.007	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.000		0		4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.099		0	BFZN	4		0.014	0.082	0.002
15:0.....g									
16:0.....g	2.693		0	BFZN	4		0.382	2.235	0.054
17:0.....g									
18:0.....g	2.371		0	BFZN	4		0.337	1.968	0.047
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	11.448		0	BFZN	4		1.626	9.502	0.229
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006		0	BFZN	4		0.001	0.005	0.000
17:1.....g									
18:1 undifferentiated.....g	11.442		0	BFZN	4		1.625	9.497	0.229
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.796		0	BFZN	4		0.397	2.321	0.056
18:2 undifferentiated.....g	2.653		0	BFZN	4		0.377	2.202	0.053
18:3 undifferentiated.....g	0.140		0	BFZN	4		0.020	0.116	0.003
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		4		0.000	0.001	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		2		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.124		0		4		0.018	0.103	0.002
Threonine.....g	0.242		0		4		0.034	0.201	0.005
Isoleucine.....g	0.314		0		4		0.045	0.261	0.006
Leucine.....g	0.582		0		4		0.083	0.483	0.012
Lysine.....g	0.236		0		4		0.034	0.196	0.005
Methionine.....g	0.138		0		4		0.020	0.115	0.003
Cystine.....g	0.193		0		4		0.027	0.160	0.004
Phenylalanine.....g	0.412		0		4		0.059	0.342	0.008
Tyrosine.....g	0.250		0		4		0.036	0.208	0.005
Valine.....g	0.375		0		4		0.053	0.311	0.008
Arginine.....g	0.375		0		4		0.053	0.311	0.008
Histidine.....g	0.193		0		4		0.027	0.160	0.004
Alanine.....g	0.289		0		4		0.041	0.240	0.006
Aspartic acid.....g	0.406		0		4		0.058	0.337	0.008
Glutamic acid.....g	2.765		0		4		0.393	2.295	0.055
Glycine.....g	0.328		0		4		0.047	0.272	0.007
Proline.....g	0.925		0		4		0.131	0.768	0.019
Serine.....g	0.418		0		4		0.059	0.347	0.008
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18428
Crackers, wheat, low salt

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Deriv	Source	Measure 1	Measure 2	Measure 3
			of Data	Code	Confidence			
			Points	Code	Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 14.2g: .5 oz
- Measure 2 = 83g: 1 cup, crushed
- Measure 3 = 2.0g: 1 cracker

Calories Factors: Protein 3.8

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18950
Crackers, wheat, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	BFNN	4		0	0	0
Vitamin K (phylloquinone).....µg	24.7		2	A	1		7.2	0.4	7.2
Dihydrophyloquinone.....µg	0.5		2	A	1		0.1	0.0	0.1
Menaquinone-4.....µg	0.0		2	A	1		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated.....g	2.112		0	NC	4		0.612	0.038	0.612
4:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
6:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
8:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
10:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
12:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.009	0.001	4	A	1		0.003	0.000	0.003
15:0.....g	0.004	0.000	4	A	1		0.001	0.000	0.001
16:0.....g	1.383	0.026	4	A	1		0.401	0.025	0.401
17:0.....g	0.011	0.001	4	A	1		0.003	0.000	0.003
18:0.....g	0.607	0.013	4	A	1		0.176	0.011	0.176
20:0.....g	0.041	0.002	4	A	1		0.012	0.001	0.012
22:0.....g	0.040	0.002	4	A	1		0.011	0.001	0.011
24:0.....g	0.016	0.002	4	A	1		0.005	0.000	0.005
Fatty acids, total monounsaturated.....g	3.295		0	NC	4		0.955	0.059	0.955
14:1.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:1.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.011	0.000	4	AS	1		0.003	0.000	0.003
16:1 c.....g	0.011	0.000	4	A	1		0.003	0.000	0.003
16:1 t.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
17:1.....g	0.006	0.001	4	A	1		0.002	0.000	0.002
18:1 undifferentiated.....g	3.252	0.070	4	AS	1		0.943	0.059	0.943
18:1 c.....g	3.079	0.067	4	A	1		0.893	0.055	0.893
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.173	0.007	4	A	1		0.050	0.003	0.050
18:1-11t (18:1t n-7).....g									
20:1.....g	0.024	0.008	4	A	1		0.007	0.000	0.007
22:1 undifferentiated.....g	0.001	0.001	4	AS	1		0.000	0.000	0.000
22:1 c.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:1 t.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c.....g	0.001	0.001	4	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	7.055		0	NC	4		2.046	0.127	2.046
18:2 undifferentiated.....g	6.180	0.120	4	AS	1		1.792	0.111	1.792
18:2 n-6 c,c.....g	6.146	0.118	4	A	1		1.782	0.111	1.782
18:2 CLAs.....g	0.006	0.001	4	A	1		0.002	0.000	0.002
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.028	0.002	4	A	1		0.008	0.000	0.008
18:3 undifferentiated.....g	0.867	0.017	4	AS	1		0.251	0.016	0.251
18:3 n-3 c,c,c (ALA).....g	0.853	0.017	4	A	1		0.247	0.015	0.247
18:3 n-6 c,c,c.....g	0.013	0.001	4	A	1		0.004	0.000	0.004
18:3i.....g									
18:4.....g	0.001	0.001	4	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.004	0.000	4	A	1		0.001	0.000	0.001
20:3 undifferentiated.....g	0.000	0.000	4	AS	1		0.000	0.000	0.000
20:3 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 n-6.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.001	0.001	4	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.002	0.001	4	A	1		0.001	0.000	0.001

NDB No. 18950
Crackers, wheat, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.201		0	NC	4		0.058	0.004	0.058
Fatty acids, total trans-monoenoic.....g	0.173		0	NC	4		0.050	0.003	0.050
Fatty acids, total trans-polyenoic.....g	0.028		0	NC	4		0.008	0.000	0.008
Cholesterol.....mg	0		0	BFNN	4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.112		0	A	1		0.032	0.002	0.032
Threonine.....g	0.280		0	A	1		0.081	0.005	0.081
Isoleucine.....g	0.330		0	A	1		0.096	0.006	0.096
Leucine.....g	0.620		0	A	1		0.180	0.011	0.180
Lysine.....g	0.188		0	A	1		0.055	0.003	0.055
Methionine.....g	0.142		0	A	1		0.041	0.003	0.041
Cystine.....g	0.193		0	A	1		0.056	0.003	0.056
Phenylalanine.....g	0.427		0	A	1		0.124	0.008	0.124
Tyrosine.....g	0.168		0	A	1		0.049	0.003	0.049
Valine.....g	0.417		0	A	1		0.121	0.008	0.121
Arginine.....g	0.427		0	A	1		0.124	0.008	0.124
Histidine.....g	0.203		0	A	1		0.059	0.004	0.059
Alanine.....g	0.366		0	A	1		0.106	0.007	0.106
Aspartic acid.....g	0.508		0	A	1		0.147	0.009	0.147
Glutamic acid.....g	2.726		0	A	1		0.790	0.049	0.790
Glycine.....g	0.386		0	A	1		0.112	0.007	0.112
Proline.....g	0.900		0	A	1		0.261	0.016	0.261
Serine.....g	0.407		0	A	1		0.118	0.007	0.118
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFNN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFNN	4		0	0	0
Theobromine.....mg	0		0	BFNN	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: 1 serving

Measure 2 = 1.8g: 1 cracker

Measure 3 = 29g: 16 crackers, Wheat Thins

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18232
Crackers, wheat, regular

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	35.7		2	A	1	11.1	0.7	11.1	
Dihydrophyloquinone.....µg	0.0		2	A	1	0.0	0.0	0.0	
Menquinone-4.....µg	0.0		2	A	1	0.0	0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	2.730		0	NC	4	0.846	0.055	0.846	
4:0.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
6:0.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
8:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
10:0.....g	0.004	0.004	4	A	1	0.001	0.000	0.001	
12:0.....g	0.001	0.000	4	A	1	0.000	0.000	0.000	
13:0.....g									
14:0.....g	0.012	0.001	4	A	1	0.004	0.000	0.004	
15:0.....g	0.005	0.000	4	A	1	0.001	0.000	0.001	
16:0.....g	1.789	0.098	4	A	1	0.555	0.036	0.555	
17:0.....g	0.014	0.001	4	A	1	0.004	0.000	0.004	
18:0.....g	0.786	0.046	4	A	1	0.244	0.016	0.244	
20:0.....g	0.051	0.003	4	A	1	0.016	0.001	0.016	
22:0.....g	0.050	0.003	4	A	1	0.015	0.001	0.015	
24:0.....g	0.018	0.002	4	A	1	0.006	0.000	0.006	
Fatty acids, total monounsaturated.....g	4.297		0	NC	4	1.332	0.086	1.332	
14:1.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
15:1.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
16:1 undifferentiated.....g	0.014	0.000	4	AS	1	0.004	0.000	0.004	
16:1 c.....g	0.014	0.000	4	A	1	0.004	0.000	0.004	
16:1 t.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
17:1.....g	0.008	0.000	4	A	1	0.002	0.000	0.002	
18:1 undifferentiated.....g	4.238	0.244	4	AS	1	1.314	0.085	1.314	
18:1 c.....g	3.998	0.235	4	A	1	1.239	0.080	1.239	
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.240	0.011	4	A	1	0.074	0.005	0.074	
18:1-11t (18:1t n-7).....g									
20:1.....g	0.034	0.009	4	A	1	0.011	0.001	0.011	
22:1 undifferentiated.....g	0.001	0.000	4	AS	1	0.000	0.000	0.000	
22:1 c.....g	0.001	0.000	4	A	1	0.000	0.000	0.000	
22:1 t.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
24:1 c.....g	0.003	0.002	4	A	1	0.001	0.000	0.001	
Fatty acids, total polyunsaturated.....g	9.225		0	NC	4	2.860	0.185	2.860	
18:2 undifferentiated.....g	8.069	0.446	4	AS	1	2.501	0.161	2.501	
18:2 n-6 c,c.....g	8.026	0.446	4	A	1	2.488	0.161	2.488	
18:2 CLAs.....g	0.008	0.001	4	A	1	0.003	0.000	0.003	
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.034	0.001	4	A	1	0.011	0.001	0.011	
18:3 undifferentiated.....g	1.147	0.075	4	AS	1	0.356	0.023	0.356	
18:3 n-3 c,c,c (ALA).....g	1.127	0.075	4	A	1	0.349	0.023	0.349	
18:3 n-6 c,c,c.....g	0.020	0.000	4	A	1	0.006	0.000	0.006	
18:3i.....g									
18:4.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
20:2 n-6 c,c.....g	0.005	0.001	4	A	1	0.002	0.000	0.002	
20:3 undifferentiated.....g	0.002	0.001	4	AS	1	0.001	0.000	0.001	
20:3 n-3.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
20:3 n-6.....g	0.002	0.001	4	A	1	0.001	0.000	0.001	
20:4 undifferentiated.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.001	0.000	4	A	1	0.000	0.000	0.000	
21:5.....g									
22:4.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
22:5 n-3 (DPA).....g	0.002	0.001	4	A	1	0.001	0.000	0.001	

NDB No. 18232
Crackers, wheat, regular

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number			measures of food			
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.274		0	NC	4		0.085	0.005	0.085
Fatty acids, total trans-monoenoic.....g	0.240		0	NC	4		0.074	0.005	0.074
Fatty acids, total trans-polyenoic.....g	0.034		0	NC	4		0.011	0.001	0.011
Cholesterol.....mg	0		2		1		0	0	0
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.105		0	A	1		0.033	0.002	0.033
Threonine.....g	0.265		0	A	1		0.082	0.005	0.082
Isoleucine.....g	0.306		0	A	1		0.095	0.006	0.095
Leucine.....g	0.586		0	A	1		0.182	0.012	0.182
Lysine.....g	0.190		0	A	1		0.059	0.004	0.059
Methionine.....g	0.145		0	A	1		0.045	0.003	0.045
Cystine.....g	0.185		0	A	1		0.057	0.004	0.057
Phenylalanine.....g	0.396		0	A	1		0.123	0.008	0.123
Tyrosine.....g	0.175		0	A	1		0.054	0.004	0.054
Valine.....g	0.386		0	A	1		0.120	0.008	0.120
Arginine.....g	0.411		0	A	1		0.127	0.008	0.127
Histidine.....g	0.190		0	A	1		0.059	0.004	0.059
Alanine.....g	0.351		0	A	1		0.109	0.007	0.109
Aspartic acid.....g	0.486		0	A	1		0.151	0.010	0.151
Glutamic acid.....g	2.550		0	A	1		0.791	0.051	0.791
Glycine.....g	0.361		0	A	1		0.112	0.007	0.112
Proline.....g	0.832		0	A	1		0.258	0.017	0.258
Serine.....g	0.391		0	A	1		0.121	0.008	0.121
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 31g: 1 serving
- Measure 2 = 2.0g: 1 cracker, thin square
- Measure 3 = 31g: 16 Wheat Thins

Calories Factors: Protein 3.8

Fat 8.8

Carbohydrate4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18233

Crackers, wheat, sandwich, with cheese filling

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.20		1		1		0.45	0.22	
Energy.....kcal	497		0	NC	4		71	35	
Energy.....kJ	2079				4		295	146	
Protein (N x 5.8).....g	9.80		2		1		1.39	0.69	
Total lipid (fat).....g	25.00		2		1		3.55	1.75	
Ash.....g	3.80		2		1		0.54	0.27	
Carbohydrate, by difference.....g	58.20		0	NC	4		8.26	4.07	
Fiber, total dietary.....g	3.1		0		4		0.4	0.2	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	204		2		1		29	14	
Iron, Fe.....mg	2.62		2		1		0.37	0.18	
Magnesium, Mg.....mg	54		1		1		8	4	
Phosphorus, P.....mg	382		1		1		54	27	
Potassium, K.....mg	306		2		1		43	21	
Sodium, Na.....mg	913		2		1		130	64	
Zinc, Zn.....mg	0.87		1		1		0.12	0.06	
Copper, Cu.....mg	0.160		1		1		0.023	0.011	
Manganese, Mn.....mg	1.083		0	FLA	4		0.154	0.076	
Selenium, Se.....µg	24.3		0	FLA	4		3.5	1.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.5		1		1		0.2	0.1	
Thiamin.....mg	0.358		2		1		0.051	0.025	
Riboflavin.....mg	0.427		2		1		0.061	0.030	
Niacin.....mg	3.185		2		1		0.452	0.223	
Pantothenic acid.....mg	0.622		0	FLA	4		0.088	0.044	
Vitamin B-6.....mg	0.261		1		1		0.037	0.018	
Folate, total.....µg	64		0	FLA	4		9	4	
Folic acid.....µg	45		0	NC	4		6	3	
Folate, food.....µg	19		0		4		3	1	
Folate, DFE.....mcg_DFE	96		0	NC	4		14	7	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.12		0	FLA	4		0.02	0.01	
Vitamin A, RAE.....mcg_RAE	17		0	NC	4		2	1	
Retinol.....µg	16		0	NC	4		2	1	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	71		1		1		10	5	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	4.129		0	FLA	4		0.586	0.289	
4:0.....g	0.027		0	FLA	4		0.004	0.002	

Crackers, wheat, sandwich, with cheese filling

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.014		0	FLA	4		0.002	0.001	
8:0.....g	0.011		0	FLA	4		0.002	0.001	
10:0.....g	0.017		0	FLA	4		0.002	0.001	
12:0.....g	0.017		0	FLA	4		0.002	0.001	
13:0.....g									
14:0.....g	0.107		0	FLA	4		0.015	0.007	
15:0.....g									
16:0.....g	2.639		0	FLA	4		0.375	0.185	
17:0.....g									
18:0.....g	1.271		0	FLA	4		0.180	0.089	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	10.351		0	FLA	4		1.470	0.725	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.119		0	FLA	4		0.017	0.008	
17:1.....g									
18:1 undifferentiated.....g	10.196		0	FLA	4		1.448	0.714	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	9.166		0	FLA	4		1.302	0.642	
18:2 undifferentiated.....g	8.505		0	FLA	4		1.208	0.595	
18:3 undifferentiated.....g	0.637		0	FLA	4		0.090	0.045	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	7		2		1		1	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.130		0		1		0.018	0.009	
Threonine.....g	0.298		0		1		0.042	0.021	
Isoleucine.....g	0.383		0		1		0.054	0.027	
Leucine.....g	0.698		0		1		0.099	0.049	
Lysine.....g	0.344		0		1		0.049	0.024	
Methionine.....g	0.167		0		1		0.024	0.012	
Cystine.....g	0.194		0		1		0.028	0.014	
Phenylalanine.....g	0.472		0		1		0.067	0.033	
Tyrosine.....g	0.300		0		1		0.043	0.021	
Valine.....g	0.438		0		1		0.062	0.031	
Arginine.....g	0.408		0		1		0.058	0.029	
Histidine.....g	0.219		0		1		0.031	0.015	
Alanine.....g	0.322		0		1		0.046	0.023	
Aspartic acid.....g	0.506		0		1		0.072	0.035	
Glutamic acid.....g	2.996		0		1		0.425	0.210	
Glycine.....g	0.339		0		1		0.048	0.024	
Proline.....g	1.036		0		1		0.147	0.073	
Serine.....g	0.494		0		1		0.070	0.035	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.2g: .5 oz

NDB No. 18233

Crackers, wheat, sandwich, with cheese filling

Measure 2 = 7.0g: 1 cracker, sandwich

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18234

Crackers, wheat, sandwich, with peanut butter filling

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.40	0.732	3		1		0.48	0.24	
Energy.....kcal	495		0	NC	4		70	35	
Energy.....kJ	2071				4		294	145	
Protein (N x 5.6).....g	13.50	0.545	4		1		1.92	0.95	
Total lipid (fat).....g	26.70	0.984	4		1		3.79	1.87	
Ash.....g	2.60	0.224	4		1		0.37	0.18	
Carbohydrate, by difference.....g	53.80		0	NC	4		7.64	3.77	
Fiber, total dietary.....g	4.4		0		4		0.6	0.3	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	170		2		1		24	12	
Iron, Fe.....mg	2.67		2		1		0.38	0.19	
Magnesium, Mg.....mg	38		1		1		5	3	
Phosphorus, P.....mg	347		1		1		49	24	
Potassium, K.....mg	297		2		1		42	21	
Sodium, Na.....mg	807		2		1		115	56	
Zinc, Zn.....mg	0.82		1		1		0.12	0.06	
Copper, Cu.....mg	0.055		1		1		0.008	0.004	
Manganese, Mn.....mg	0.701		1		1		0.100	0.049	
Selenium, Se.....µg	21.8		0	FLA	4		3.1	1.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0	0.0	
Thiamin.....mg	0.389	0.031	4		1		0.055	0.027	
Riboflavin.....mg	0.293	0.013	4		1		0.042	0.021	
Niacin.....mg	5.877	0.272	3		1		0.835	0.411	
Pantothenic acid.....mg	0.564		0	FLA	4		0.080	0.039	
Vitamin B-6.....mg	0.137		1		1		0.019	0.010	
Folate, total.....µg	70		0	FLA	4		10	5	
Folic acid.....µg	33		0	NC	4		5	2	
Folate, food.....µg	37		0		4		5	3	
Folate, DFE.....mcg_DFE	93		0	NC	4		13	7	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	FLA	4		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	4.602		0	FLA	4		0.653	0.322	
4:0.....g	0.000		0	FLA	4		0.000	0.000	

Crackers, wheat, sandwich, with peanut butter filling

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.003		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.005		0	FLA	4		0.001	0.000	
13:0.....g									
14:0.....g	0.064		0	FLA	4		0.009	0.004	
15:0.....g									
16:0.....g	2.809		0	FLA	4		0.399	0.197	
17:0.....g									
18:0.....g	1.335		0	FLA	4		0.190	0.093	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	11.766		0	FLA	4		1.671	0.824	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.061		0	FLA	4		0.009	0.004	
17:1.....g									
18:1 undifferentiated.....g	11.594		0	FLA	4		1.646	0.812	
20:1.....g	0.097		0	FLA	4		0.014	0.007	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	8.862		0	FLA	4		1.258	0.620	
18:2 undifferentiated.....g	8.436		0	FLA	4		1.198	0.591	
18:3 undifferentiated.....g	0.411		0	FLA	4		0.058	0.029	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.164		0		1		0.023	0.011	
Threonine.....g	0.418		0		1		0.059	0.029	
Isoleucine.....g	0.488		0		1		0.069	0.034	
Leucine.....g	0.908		0		1		0.129	0.064	
Lysine.....g	0.437		0		1		0.062	0.031	
Methionine.....g	0.198		0		1		0.028	0.014	
Cystine.....g	0.239		0		1		0.034	0.017	
Phenylalanine.....g	0.674		0		1		0.096	0.047	
Tyrosine.....g	0.464		0		1		0.066	0.032	
Valine.....g	0.575		0		1		0.082	0.040	
Arginine.....g	1.034		0		1		0.147	0.072	
Histidine.....g	0.319		0		1		0.045	0.022	
Alanine.....g	0.490		0		1		0.070	0.034	
Aspartic acid.....g	1.092		0		1		0.155	0.076	
Glutamic acid.....g	3.667		0		1		0.521	0.257	
Glycine.....g	0.633		0		1		0.090	0.044	
Proline.....g	1.082		0		1		0.154	0.076	
Serine.....g	0.674		0		1		0.096	0.047	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.2g: .5 oz

NDB No. 18234

Crackers, wheat, sandwich, with peanut butter filling

Measure 2 = 7.0g: 1 cracker, sandwich

Calories Factors: Protein 3.7

Fat 8.6

Carbohydrate 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	27.2		2	A	1	C	7.6	7.6	1.2
Dihydrophyloquinone.....µg	0.5		2	A	1	C	0.1	0.1	0.0
Menaquinone-4.....µg	0.0		2	A	1	C	0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated.....g	2.063		0	NC	4		0.578	0.578	0.095
4:0.....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
6:0.....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
8:0.....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
10:0.....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
12:0.....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
13:0.....g									
14:0.....g	0.009	0.001	4	A	1	C	0.003	0.003	0.000
15:0.....g	0.004	0.000	4	A	1	C	0.001	0.001	0.000
16:0.....g	1.361	0.052	4	A	1	C	0.381	0.381	0.063
17:0.....g	0.011	0.001	4	A	1	C	0.003	0.003	0.001
18:0.....g	0.584	0.025	4	A	1	C	0.164	0.164	0.027
20:0.....g	0.040	0.002	4	A	1	C	0.011	0.011	0.002
22:0.....g	0.038	0.002	4	A	1	C	0.011	0.011	0.002
24:0.....g	0.014	0.002	4	A	1	C	0.004	0.004	0.001
Fatty acids, total monounsaturated.....g	3.248		0	NC	4		0.909	0.909	0.149
14:1.....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
15:1.....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
16:1 undifferentiated.....g	0.011	0.001	4	AS	1		0.003	0.003	0.001
16:1 c.....g	0.011	0.001	4	A	1	C	0.003	0.003	0.001
16:1 t.....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
17:1.....g	0.006	0.001	4	A	1	C	0.002	0.002	0.000
18:1 undifferentiated.....g	3.195	0.123	4	AS	1		0.895	0.895	0.147
18:1 c.....g	3.021	0.117	4	A	1	C	0.846	0.846	0.139
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.174	0.008	4	A	1	C	0.049	0.049	0.008
18:1-11t (18:1t n-7).....g									
20:1.....g	0.033	0.008	4	A	1	C	0.009	0.009	0.002
22:1 undifferentiated.....g	0.001	0.001	4	AS	1		0.000	0.000	0.000
22:1 c.....g	0.001	0.001	4	A	1	C	0.000	0.000	0.000
22:1 t.....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
24:1 c.....g	0.001	0.001	4	A	1	C	0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	6.945		0	NC	4		1.945	1.945	0.319
18:2 undifferentiated.....g	6.096	0.236	4	AS	1		1.707	1.707	0.280
18:2 n-6 c,c.....g	6.063	0.234	4	A	1	C	1.698	1.698	0.279
18:2 CLAs.....g	0.007	0.000	4	A	1	C	0.002	0.002	0.000
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.025	0.002	4	A	1	C	0.007	0.007	0.001
18:3 undifferentiated.....g	0.843	0.036	4	AS	1		0.236	0.236	0.039
18:3 n-3 c,c,c (ALA).....g	0.831	0.035	4	A	1	C	0.233	0.233	0.038
18:3 n-6 c,c,c.....g	0.012	0.001	4	A	1	C	0.003	0.003	0.001
18:3i.....g									
18:4.....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
20:2 n-6 c,c.....g	0.005	0.001	4	A	1	C	0.001	0.001	0.000
20:3 undifferentiated.....g	0.000	0.000	4	AS	1		0.000	0.000	0.000
20:3 n-3.....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
20:3 n-6.....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
20:4 undifferentiated.....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
21:5.....g									
22:4.....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.001	0.001	4	A	1	C	0.000	0.000	0.000

NDB No. 18235
Crackers, whole-wheat

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
Fatty acids, total trans.....g	0.199		0	NC	4		0.056	0.056	0.009
Fatty acids, total trans-monoenoic.....g	0.174		0	NC	4		0.049	0.049	0.008
Fatty acids, total trans-polyenoic.....g	0.025		0	NC	4		0.007	0.007	0.001
Cholesterol.....mg	0		0	FLA	4		0	0	0
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.141		0	A	1		0.039	0.039	0.006
Threonine.....g	0.301		0	A	1		0.084	0.084	0.014
Isoleucine.....g	0.364		0	A	1		0.102	0.102	0.017
Leucine.....g	0.703		0	A	1		0.197	0.197	0.032
Lysine.....g	0.271		0	A	1		0.076	0.076	0.012
Methionine.....g	0.170		0	A	1		0.048	0.048	0.008
Cystine.....g	0.228		0	A	1		0.064	0.064	0.010
Phenylalanine.....g	0.480		0	A	1		0.134	0.134	0.022
Tyrosine.....g	0.194		0	A	1		0.054	0.054	0.009
Valine.....g	0.465		0	A	1		0.130	0.130	0.021
Arginine.....g	0.480		0	A	1		0.134	0.134	0.022
Histidine.....g	0.238		0	A	1		0.067	0.067	0.011
Alanine.....g	0.393		0	A	1		0.110	0.110	0.018
Aspartic acid.....g	0.543		0	A	1		0.152	0.152	0.025
Glutamic acid.....g	3.065		0	A	1		0.858	0.858	0.141
Glycine.....g	0.427		0	A	1		0.119	0.119	0.020
Proline.....g	1.004		0	A	1		0.281	0.281	0.046
Serine.....g	0.461		0	A	1		0.129	0.129	0.021
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 28g: 1 serving
- Measure 2 = 28g: 6 crackers, Triscuits, regular size
- Measure 3 = 4.6g: 1 cracker

Calories Factors: Protein 3.6

Fat 8.8

Carbohydrate 3.8

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18429
Crackers, whole-wheat, low salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.70	0.170	34		1		0.38	2.54	0.11
Energy.....kcal	443		0	NC	4		63	416	18
Energy.....kJ	1854		0		4		263	1742	74
Protein (N x 5.8).....g	8.80	0.309	16		1		1.25	8.27	0.35
Total lipid (fat).....g	17.20	0.532	23		1		2.44	16.17	0.69
Ash.....g	2.70	0.131	18		1		0.38	2.54	0.11
Carbohydrate, by difference.....g	68.60		0		4		9.74	64.48	2.74
Fiber, total dietary.....g	10.5		0		4		1.5	9.9	0.4
Sugars, total.....g	0.37		0	FLA	4		0.05	0.34	0.01
Starch.....g									
Minerals:									
Calcium, Ca.....mg	50	7.806	24		1		7	47	2
Iron, Fe.....mg	3.08	0.199	24		1		0.44	2.90	0.12
Magnesium, Mg.....mg	99	2.966	24		1		14	93	4
Phosphorus, P.....mg	295	9.701	23		1		42	277	12
Potassium, K.....mg	297	9.566	24		1		42	279	12
Sodium, Na.....mg	186		0	LC	8		26	175	7
Zinc, Zn.....mg	2.15	0.074	26		1		0.31	2.02	0.09
Copper, Cu.....mg	0.444	0.032	25		1		0.063	0.417	0.018
Manganese, Mn.....mg	2.247	0.102	21		1		0.319	2.112	0.090
Selenium, Se.....µg	14.7	7.683	5	A	1		2.1	13.8	0.6
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.201	0.007	21		1		0.029	0.189	0.008
Riboflavin.....mg	0.100	0.018	22		1		0.014	0.094	0.004
Niacin.....mg	4.519	0.103	15		1		0.642	4.248	0.181
Pantothenic acid.....mg	0.813	0.026	10		1		0.115	0.764	0.033
Vitamin B-6.....mg	0.183	0.005	9		1		0.026	0.172	0.007
Folate, total.....µg	28	0.403	8		1		4	26	1
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	28	0.403	8		1		4	26	1
Folate, DFE.....mcg_DFE	28		0	NC	4		4	26	1
Choline, total.....mg	27.2		0	BFZN	4		3.9	25.6	1.1
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....µg	0		0	FLA	4		0	0	0
Carotene, beta.....µg	0		0	Z	7		0	0	0
Carotene, alpha.....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	0
Vitamin A, IU.....IU	0		0		4		0	0	0
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	179		0	FLA	4		25	168	7
Vitamin E (alpha-tocopherol).....mg	0.86		0	FLA	4		0.12	0.81	0.03
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	8.3		0	FLA	4		1.2	7.8	0.3
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 18429
Crackers, whole-wheat, low salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	3.393		0	BFZN	4		0.482	3.189	0.136
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.016		0	BFZN	4		0.002	0.015	0.001
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.000		0		4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.003		0	BFZN	4		0.000	0.003	0.000
15:0.....g									
16:0.....g	1.744		0	BFZN	4		0.248	1.639	0.070
17:0.....g									
18:0.....g	1.617		0	BFZN	4		0.230	1.520	0.065
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.880		0	BFZN	4		0.835	5.527	0.235
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012		0	BFZN	4		0.002	0.011	0.000
17:1.....g									
18:1 undifferentiated.....g	5.868		0	BFZN	4		0.833	5.516	0.235
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.596		0	BFZN	4		0.937	6.200	0.264
18:2 undifferentiated.....g	6.218		0	BFZN	4		0.883	5.845	0.249
18:3 undifferentiated.....g	0.376		0	BFZN	4		0.053	0.353	0.015
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0	BFZN	4		0.000	0.002	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.137		0		4		0.019	0.129	0.005
Threonine.....g	0.256		0		4		0.036	0.241	0.010
Isoleucine.....g	0.329		0		4		0.047	0.309	0.013
Leucine.....g	0.600		0		4		0.085	0.564	0.024
Lysine.....g	0.245		0		4		0.035	0.230	0.010
Methionine.....g	0.137		0		4		0.019	0.129	0.005
Cystine.....g	0.206		0		4		0.029	0.194	0.008
Phenylalanine.....g	0.419		0		4		0.059	0.394	0.017
Tyrosine.....g	0.259		0		4		0.037	0.243	0.010
Valine.....g	0.401		0		4		0.057	0.377	0.016
Arginine.....g	0.416		0		4		0.059	0.391	0.017
Histidine.....g	0.206		0		4		0.029	0.194	0.008
Alanine.....g	0.315		0		4		0.045	0.296	0.013
Aspartic acid.....g	0.456		0		4		0.065	0.429	0.018
Glutamic acid.....g	2.804		0		4		0.398	2.636	0.112
Glycine.....g	0.358		0		4		0.051	0.337	0.014
Proline.....g	0.922		0		4		0.131	0.867	0.037
Serine.....g	0.419		0		4		0.059	0.394	0.017
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18429
Crackers, whole-wheat, low salt

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Deriv	Source	Measure 1	Measure 2	Measure 3
			of Data	Code	Confidence			
			Points	Code	Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 14.2g: .5 oz
- Measure 2 = 94g: 1 cup, crushed
- Measure 3 = 4.0g: 1 cracker

Calories Factors: Protein 3.6

Fat 8.8

Carbohydrate 3.8

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	BFNN	4		0	0	
Vitamin K (phylloquinone).....µg	12.5		2	A	1	3.6	0.5	3.6	
Dihydrophyloquinone.....µg	0.0		2	A	1	0.0	0.0	0.0	
Menaquinone-4.....µg	0.0		2	A	1	0.0	0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	1.067		0	NC	4	0.309	0.045	0.309	
4:0.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
6:0.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
8:0.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
10:0.....g	0.004	0.004	4	A	1	0.001	0.000	0.001	
12:0.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
13:0.....g									
14:0.....g	0.005	0.000	4	A	1	0.002	0.000	0.002	
15:0.....g	0.003	0.000	4	A	1	0.001	0.000	0.001	
16:0.....g	0.733	0.035	4	A	1	0.213	0.031	0.213	
17:0.....g	0.006	0.000	4	A	1	0.002	0.000	0.002	
18:0.....g	0.268	0.014	4	A	1	0.078	0.011	0.078	
20:0.....g	0.020	0.001	4	A	1	0.006	0.001	0.006	
22:0.....g	0.018	0.001	4	A	1	0.005	0.001	0.005	
24:0.....g	0.009	0.001	4	A	1	0.003	0.000	0.003	
Fatty acids, total monounsaturated.....g	1.609		0	NC	4	0.467	0.068	0.467	
14:1.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
15:1.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
16:1 undifferentiated.....g	0.007	0.000	4	AS	1	0.002	0.000	0.002	
16:1 c.....g	0.007	0.000	4	A	1	0.002	0.000	0.002	
16:1 t.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
17:1.....g	0.004	0.000	4	A	1	0.001	0.000	0.001	
18:1 undifferentiated.....g	1.572	0.072	4	AS	1	0.456	0.066	0.456	
18:1 c.....g	1.490	0.069	4	A	1	0.432	0.063	0.432	
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.082	0.004	4	A	1	0.024	0.003	0.024	
18:1-11t (18:1t n-7).....g									
20:1.....g	0.024	0.001	4	A	1	0.007	0.001	0.007	
22:1 undifferentiated.....g	0.002	0.000	4	AS	1	0.001	0.000	0.001	
22:1 c.....g	0.002	0.000	4	A	1	0.001	0.000	0.001	
22:1 t.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
24:1 c.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
Fatty acids, total polyunsaturated.....g	3.568		0	NC	4	1.035	0.150	1.035	
18:2 undifferentiated.....g	3.164	0.149	4	AS	1	0.918	0.133	0.918	
18:2 n-6 c,c.....g	3.146	0.149	4	A	1	0.912	0.132	0.912	
18:2 CLAs.....g	0.004	0.000	4	A	1	0.001	0.000	0.001	
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.014	0.001	4	A	1	0.004	0.001	0.004	
18:3 undifferentiated.....g	0.398	0.021	4	AS	1	0.115	0.017	0.115	
18:3 n-3 c,c,c (ALA).....g	0.392	0.021	4	A	1	0.114	0.016	0.114	
18:3 n-6 c,c,c.....g	0.006	0.000	4	A	1	0.002	0.000	0.002	
18:3i.....g									
18:4.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
20:2 n-6 c,c.....g	0.003	0.000	4	A	1	0.001	0.000	0.001	
20:3 undifferentiated.....g	0.000	0.000	4	AS	1	0.000	0.000	0.000	
20:3 n-3.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
20:3 n-6.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
20:4 undifferentiated.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
21:5.....g									
22:4.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
22:5 n-3 (DPA).....g	0.002	0.000	4	A	1	0.001	0.000	0.001	

NDB No. 18949

Crackers, whole-wheat, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Deriv Source Confidence			Measure 1	Measure 2	Measure 3
			Points	Code	Code			
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1	0.000	0.000	0.000
Fatty acids, total trans.....g	0.096		0	NC	4	0.028	0.004	0.028
Fatty acids, total trans-monoenoic.....g	0.082		0	NC	4	0.024	0.003	0.024
Fatty acids, total trans-polyenoic.....g	0.014		0	NC	4	0.004	0.001	0.004
Cholesterol.....mg	0		0	BFNN	4	0	0	0
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.161		0	A	1	0.047	0.007	0.047
Threonine.....g	0.337		0	A	1	0.098	0.014	0.098
Isoleucine.....g	0.392		0	A	1	0.114	0.016	0.114
Leucine.....g	0.779		0	A	1	0.226	0.033	0.226
Lysine.....g	0.307		0	A	1	0.089	0.013	0.089
Methionine.....g	0.186		0	A	1	0.054	0.008	0.054
Cystine.....g	0.236		0	A	1	0.069	0.010	0.069
Phenylalanine.....g	0.523		0	A	1	0.152	0.022	0.152
Tyrosine.....g	0.196		0	A	1	0.057	0.008	0.057
Valine.....g	0.508		0	A	1	0.147	0.021	0.147
Arginine.....g	0.533		0	A	1	0.155	0.022	0.155
Histidine.....g	0.266		0	A	1	0.077	0.011	0.077
Alanine.....g	0.447		0	A	1	0.130	0.019	0.130
Aspartic acid.....g	0.608		0	A	1	0.176	0.026	0.176
Glutamic acid.....g	3.414		0	A	1	0.990	0.143	0.990
Glycine.....g	0.478		0	A	1	0.138	0.020	0.138
Proline.....g	1.141		0	A	1	0.331	0.048	0.331
Serine.....g	0.518		0	A	1	0.150	0.022	0.150
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	BFNN	4	0.0	0.0	0.0
Caffeine.....mg	0		0	BFNN	4	0	0	0
Theobromine.....mg	0		0	BFNN	4	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: 1 serving

Measure 2 = 4.2g: 1 cracker

Measure 3 = 29g: 6 Triscuits, regular size

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18969

Cream puff, eclair, custard or cream filled, iced

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	38.64		0	FLC	4		43.66		
Energy.....kcal	334		0	NC	4		377		
Energy.....kJ	1398		0	NC	4		1580		
Protein.....g	4.41		1	LC	8		4.98		
Total lipid (fat).....g	18.52		1	LC	8		20.93		
Ash.....g	1.00		0	FLC	4		1.13		
Carbohydrate, by difference.....g	37.43		0	NC	4		42.30		
Fiber, total dietary.....g	0.9		1	LC	8		1.0		
Sugars, total.....g	22.05		1	LC	8		24.91		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	35		1	LC	8		40		
Iron, Fe.....mg	0.95		1	LC	8		1.08		
Magnesium, Mg.....mg	10		0	FLC	4		11		
Phosphorus, P.....mg	71		0	FLC	4		81		
Potassium, K.....mg	68		0	FLC	4		77		
Sodium, Na.....mg	265		1	LC	8		299		
Zinc, Zn.....mg	0.45		0	FLC	4		0.50		
Copper, Cu.....mg	0.060		0	FLC	4		0.068		
Manganese, Mn.....mg	0.224		0	FLC	4		0.253		
Selenium, Se.....µg	15.5		0	FLC	4		17.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	LC	8		0.0		
Thiamin.....mg	0.263		0	FLC	4		0.298		
Riboflavin.....mg	0.241		0	FLC	4		0.273		
Niacin.....mg	1.908		0	FLC	4		2.156		
Pantothenic acid.....mg	0.471		0	FLC	4		0.532		
Vitamin B-6.....mg	0.041		0	FLC	4		0.047		
Folate, total.....µg	66		0	FLC	4		74		
Folic acid.....µg	49		0	FLC	4		56		
Folate, food.....µg	16		0	FLC	4		18		
Folate, DFE.....mcg_DFE	100		0	NC	4		113		
Choline, total.....mg	44.2		0	FLC	4		50.0		
Betaine.....mg	11.5		0	FLC	4		12.9		
Vitamin B-12.....µg	0.17		0	FLC	4		0.19		
Vitamin B-12, added.....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE.....mcg_RAE	23		0	FLC	4		26		
Retinol.....µg	22		0	FLC	4		25		
Carotene, beta.....µg	1		0	FLC	4		1		
Carotene, alpha.....µg	0		0	FLC	4		0		
Cryptoxanthin, beta.....µg	1		0	FLC	4		2		
Vitamin A, IU.....IU	88		1	LC	8		100		
Lycopene.....µg	0		0	FLC	4		0		
Lutein + zeaxanthin.....µg	86		0	FLC	4		97		
Vitamin E (alpha-tocopherol).....mg	0.95		0	FLC	4		1.07		
Vitamin E, added.....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.3		0	FLC	4		0.3		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	11		0	FLC	4		13		
Vitamin K (phylloquinone).....µg	6.7		0	FLC	4		7.6		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Cream puff, eclair, custard or cream filled, iced

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	7.055		1	LC	8		7.972		
4:0.....g	0.002		0	FLC	4		0.002		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.001		0	FLC	4		0.001		
10:0.....g	0.002		0	FLC	4		0.002		
12:0.....g	0.000		0	FLC	4		0.000		
13:0.....g									
14:0.....g	0.051		0	FLC	4		0.058		
15:0.....g	0.002		0	FLC	4		0.003		
16:0.....g	3.748		0	FLC	4		4.236		
17:0.....g	0.029		0	FLC	4		0.033		
18:0.....g	3.010		0	FLC	4		3.402		
20:0.....g	0.105		0	FLC	4		0.119		
22:0.....g	0.091		0	FLC	4		0.102		
24:0.....g	0.013		0	FLC	4		0.014		
Fatty acids, total monounsaturated.....g	6.070		0	NC	4		6.859		
14:1.....g	0.001		0	FLC	4		0.001		
15:1.....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated.....g	0.033		0	FLC	4		0.038		
17:1.....g	0.002		0	FLC	4		0.002		
18:1 undifferentiated.....g	6.018		0	FLC	4		6.800		
20:1.....g	0.016		0	FLC	4		0.018		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated.....g	4.173		0	NC	4		4.716		
18:2 undifferentiated.....g	3.861		0	FLC	4		4.363		
18:3 undifferentiated.....g	0.266		0	FLC	4		0.300		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g	0.003		0	FLC	4		0.003		
20:3 undifferentiated.....g	0.003		0	FLC	4		0.004		
20:4 undifferentiated.....g	0.028		0	FLC	4		0.032		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA).....g	0.001		0	FLC	4		0.001		
22:6 n-3 (DHA).....g	0.009		0	FLC	4		0.010		
Fatty acids, total trans.....g	0.000		1	LC	8		0.000		
Cholesterol.....mg	66		1	LC	8		75		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 4 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18237

Cream puffs, prepared from recipe, shell (includes eclair)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	40.50		0		1		11.48	19.44	26.73
Energy.....kcal	362		0	NC	4		103	174	239
Energy.....kJ	1515		0		4		429	727	1000
Protein (N x 0).....g	9.00		0		1		2.55	4.32	5.94
Total lipid (fat).....g	25.90		0		1		7.34	12.43	17.09
Ash.....g	1.80		0		1		0.51	0.86	1.19
Carbohydrate, by difference.....g	22.80		0	NC	4		6.46	10.94	15.05
Fiber, total dietary.....g	0.8		0	RA	4		0.2	0.4	0.5
Sugars, total.....g	0.43		0	RC	4		0.12	0.21	0.28
Starch.....g									
Minerals:									
Calcium, Ca.....mg	36		0		1		10	17	24
Iron, Fe.....mg	2.02		0		1		0.57	0.97	1.33
Magnesium, Mg.....mg	12		0		1		3	6	8
Phosphorus, P.....mg	119		0		1		34	57	79
Potassium, K.....mg	97		0		1		27	47	64
Sodium, Na.....mg	557		0		1		158	267	368
Zinc, Zn.....mg	0.73		0		1		0.21	0.35	0.48
Copper, Cu.....mg	0.051		0		1		0.014	0.024	0.034
Manganese, Mn.....mg	0.211		0		1		0.060	0.101	0.139
Selenium, Se.....µg	24.0		0	RK	4		6.8	11.5	15.8
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.206		0		1		0.058	0.099	0.136
Riboflavin.....mg	0.360		0		1		0.102	0.173	0.238
Niacin.....mg	1.567		0		1		0.444	0.752	1.034
Pantothenic acid.....mg	0.624		0		1		0.177	0.300	0.412
Vitamin B-6.....mg	0.075		0		1		0.021	0.036	0.050
Folate, total.....µg	53		0	RC	4		15	26	35
Folic acid.....µg	31		0	RC	4		9	15	21
Folate, food.....µg	22		0	RC	4		6	11	15
Folate, DFE.....mcg_DFE	75		0	NC	4		21	36	50
Choline, total.....mg	98.7		0	RC	4		28.0	47.4	65.1
Betaine.....mg									
Vitamin B-12.....µg	0.39		0		1		0.11	0.19	0.26
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	278		0	NC	4		79	134	184
Retinol.....µg	264		0	RC	4		75	127	175
Carotene, beta.....µg	164		0	RC	4		46	79	108
Carotene, alpha.....µg	0		0	RC	4		0	0	0
Cryptoxanthin, beta.....µg	4		0	RC	4		1	2	3
Vitamin A, IU.....IU	1157		0	RC	4		328	555	763
Lycopene.....µg	0		0	RC	4		0	0	0
Lutein + zeaxanthin.....µg	157		0	RC	4		45	76	104
Vitamin E (alpha-tocopherol).....mg	2.81		0	RC	4		0.80	1.35	1.86
Vitamin E, added.....mg	0.00		0	RC	4		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.8		0	RC	4		0.2	0.4	0.5
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	33		0	RC	4		9	16	22
Vitamin K (phylloquinone).....µg	24.5		0	RC	4		6.9	11.8	16.2
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Cream puffs, prepared from recipe, shell (includes eclair)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points					
Fatty acids, total saturated.....g	5.599		0		1	1.587	2.688	3.695
4:0.....g	0.000		0		1	0.000	0.000	0.000
6:0.....g	0.000		0		1	0.000	0.000	0.000
8:0.....g	0.001		0		1	0.000	0.000	0.001
10:0.....g	0.001		0		1	0.000	0.000	0.001
12:0.....g	0.001		0		1	0.000	0.000	0.001
13:0.....g								
14:0.....g	0.068		0		1	0.019	0.033	0.045
15:0.....g								
16:0.....g	3.601		0		1	1.021	1.728	2.377
17:0.....g								
18:0.....g	1.904		0		1	0.540	0.914	1.257
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	11.128		0		1	3.155	5.341	7.344
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.137		0		1	0.039	0.066	0.090
17:1.....g								
18:1 undifferentiated.....g	10.973		0		1	3.111	5.267	7.242
20:1.....g	0.013		0		1	0.004	0.006	0.009
22:1 undifferentiated.....g	0.001		0		1	0.000	0.000	0.001
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	7.380		0		1	2.092	3.542	4.871
18:2 undifferentiated.....g	6.987		0		1	1.981	3.354	4.611
18:3 undifferentiated.....g	0.309		0		1	0.088	0.148	0.204
18:4.....g	0.000		0		1	0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.065		0		1	0.018	0.031	0.043
20:5 n-3 (EPA).....g	0.002		0		1	0.001	0.001	0.001
22:5 n-3 (DPA).....g	0.000		0		1	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.017		0		1	0.005	0.008	0.011
Fatty acids, total trans.....g								
Cholesterol.....mg	196		0		1	56	94	129
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.110		0		1	0.031	0.053	0.073
Threonine.....g	0.367		0		1	0.104	0.176	0.242
Isoleucine.....g	0.430		0		1	0.122	0.206	0.284
Leucine.....g	0.718		0		1	0.204	0.345	0.474
Lysine.....g	0.497		0		1	0.141	0.239	0.328
Methionine.....g	0.238		0		1	0.067	0.114	0.157
Cystine.....g	0.199		0		1	0.056	0.096	0.131
Phenylalanine.....g	0.466		0		1	0.132	0.224	0.308
Tyrosine.....g	0.335		0		1	0.095	0.161	0.221
Valine.....g	0.485		0		1	0.137	0.233	0.320
Arginine.....g	0.473		0		1	0.134	0.227	0.312
Histidine.....g	0.209		0		1	0.059	0.100	0.138
Alanine.....g	0.424		0		1	0.120	0.204	0.280
Aspartic acid.....g	0.721		0		1	0.204	0.346	0.476
Glutamic acid.....g	1.801		0		1	0.511	0.864	1.189
Glycine.....g	0.305		0		1	0.086	0.146	0.201
Proline.....g	0.596		0		1	0.169	0.286	0.393
Serine.....g	0.589		0		1	0.167	0.283	0.389
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	RA	4	0.0	0.0	0.0
Caffeine.....mg	0		0	RC	4	0	0	0
Theobromine.....mg	0		0	RC	4	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18237

Cream puffs, prepared from recipe, shell (includes éclair)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code						

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 48g: 1 éclair (5" x 2" x 1-3/4")

Measure 3 = 66g: 1 cream puff shell

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18238

Cream puffs, prepared from recipe, shell, with custard filling

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	53.50		0		1		15.17	69.55	48.15
Energy.....kcal	258		0	NC	4		73	335	232
Energy.....kJ	1079		0		4		306	1403	972
Protein (N x 0).....g	6.70		0		1		1.90	8.71	6.03
Total lipid (fat).....g	15.50		0		1		4.39	20.15	13.95
Ash.....g	1.30		0		1		0.37	1.69	1.17
Carbohydrate, by difference.....g	22.90		0	NC	4		6.49	29.77	20.61
Fiber, total dietary.....g	0.4		0		4		0.1	0.5	0.4
Sugars, total.....g	9.49		0	RA	4		2.69	12.33	8.54
Starch.....g									
Minerals:									
Calcium, Ca.....mg	66		0		1		19	86	59
Iron, Fe.....mg	1.17		0		1		0.33	1.52	1.05
Magnesium, Mg.....mg	12		0		1		3	16	11
Phosphorus, P.....mg	109		0		1		31	142	98
Potassium, K.....mg	115		0		1		33	150	104
Sodium, Na.....mg	341		0		1		97	443	307
Zinc, Zn.....mg	0.60		0		1		0.17	0.78	0.54
Copper, Cu.....mg	0.035		0		1		0.010	0.046	0.032
Manganese, Mn.....mg	0.112		0		1		0.032	0.146	0.101
Selenium, Se.....µg	15.4		0	RK	4		4.4	20.0	13.9
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		0		1		0.1	0.4	0.3
Thiamin.....mg	0.122		0		1		0.035	0.159	0.110
Riboflavin.....mg	0.280		0		1		0.079	0.364	0.252
Niacin.....mg	0.835		0		1		0.237	1.086	0.752
Pantothenic acid.....mg	0.517		0		1		0.147	0.672	0.465
Vitamin B-6.....mg	0.062		0		1		0.018	0.081	0.056
Folate, total.....µg	37		0	RA	4		10	48	33
Folic acid.....µg	22		0	RA	4		6	29	20
Folate, food.....µg	15		0		1		4	20	14
Folate, DFE.....mcg_DFE	52		0	NC	4		15	68	47
Choline, total.....mg	68.7		0	O	4		19.5	89.3	61.8
Betaine.....mg									
Vitamin B-12.....µg	0.36		0		1		0.10	0.47	0.32
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	142		0	NC	4		40	185	128
Retinol.....µg	135		0	RA	4		38	175	121
Carotene, beta.....µg	84		0	RA	4		24	109	75
Carotene, alpha.....µg	0		0	RA	4		0	0	0
Cryptoxanthin, beta.....µg	2		0	RA	4		1	3	2
Vitamin A, IU.....IU	591		0	RA	4		168	768	532
Lycopene.....µg	0		0	RA	4		0	0	0
Lutein + zeaxanthin.....µg	80		0	RA	4		23	104	72
Vitamin E (alpha-tocopherol).....mg	1.43		0	RA	4		0.41	1.87	1.29
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	1.0		0	RA	4		0.3	1.3	0.9
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	38		0	RA	4		11	50	34
Vitamin K (phylloquinone).....µg	12.5		0	RA	4		3.5	16.3	11.3
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Cream puffs, prepared from recipe, shell, with custard filling

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	3.679		0		1		1.043	4.783	3.311
4:0.....g	0.023		0		1		0.007	0.030	0.021
6:0.....g	0.014		0		1		0.004	0.018	0.013
8:0.....g	0.009		0		1		0.003	0.012	0.008
10:0.....g	0.019		0		1		0.005	0.025	0.017
12:0.....g	0.021		0		1		0.006	0.027	0.019
13:0.....g									
14:0.....g	0.111		0		1		0.031	0.144	0.100
15:0.....g									
16:0.....g	2.290		0		1		0.649	2.977	2.061
17:0.....g									
18:0.....g	1.177		0		1		0.334	1.530	1.059
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.527		0		1		1.850	8.485	5.874
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.108		0		1		0.031	0.140	0.097
17:1.....g									
18:1 undifferentiated.....g	6.406		0		1		1.816	8.328	5.765
20:1.....g	0.009		0		1		0.003	0.012	0.008
22:1 undifferentiated.....g	0.001		0		1		0.000	0.001	0.001
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.156		0		1		1.178	5.403	3.740
18:2 undifferentiated.....g	3.918		0		1		1.111	5.093	3.526
18:3 undifferentiated.....g	0.182		0		1		0.052	0.237	0.164
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.044		0		1		0.012	0.057	0.040
20:5 n-3 (EPA).....g	0.001		0		1		0.000	0.001	0.001
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.011		0		1		0.003	0.014	0.010
Fatty acids, total trans.....g									
Cholesterol.....mg	134		0		1		38	174	121
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.083		0		1		0.024	0.108	0.075
Threonine.....g	0.283		0		1		0.080	0.368	0.255
Isoleucine.....g	0.339		0		1		0.096	0.441	0.305
Leucine.....g	0.558		0		1		0.158	0.725	0.502
Lysine.....g	0.411		0		1		0.117	0.534	0.370
Methionine.....g	0.179		0		1		0.051	0.233	0.161
Cystine.....g	0.133		0		1		0.038	0.173	0.120
Phenylalanine.....g	0.342		0		1		0.097	0.445	0.308
Tyrosine.....g	0.264		0		1		0.075	0.343	0.238
Valine.....g	0.381		0		1		0.108	0.495	0.343
Arginine.....g	0.338		0		1		0.096	0.439	0.304
Histidine.....g	0.160		0		1		0.045	0.208	0.144
Alanine.....g	0.307		0		1		0.087	0.399	0.276
Aspartic acid.....g	0.547		0		1		0.155	0.711	0.492
Glutamic acid.....g	1.280		0		1		0.363	1.664	1.152
Glycine.....g	0.211		0		1		0.060	0.274	0.190
Proline.....g	0.452		0		1		0.128	0.588	0.407
Serine.....g	0.431		0		1		0.122	0.560	0.388
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	RA	4		0	0	0
Theobromine.....mg	0		0	RA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18238

Cream puffs, prepared from recipe, shell, with custard filling

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 130g: 1 cream puff

Measure 3 = 90g: 1 eclair (5" x 2" x 1-3/4")

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18240
Croissants, apple

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	45.60		2		1		12.93	25.99	
Energy.....kcal	254		0	NC	4		72	145	
Energy.....kJ	1063				4		301	606	
Protein (N x 5.9).....g	7.40		2		1		2.10	4.22	
Total lipid (fat).....g	8.70	0.295	3		1		2.47	4.96	
Ash.....g	1.20		2		1		0.34	0.68	
Carbohydrate, by difference.....g	37.10		0	NC	4		10.52	21.15	
Fiber, total dietary.....g	2.5		0		1		0.7	1.4	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	30		2		1		9	17	
Iron, Fe.....mg	1.10		2		1		0.31	0.63	
Magnesium, Mg.....mg	13		2		1		4	7	
Phosphorus, P.....mg	58		2		1		16	33	
Potassium, K.....mg	90		2		1		26	51	
Sodium, Na.....mg	274		2		1		78	156	
Zinc, Zn.....mg	1.03		2		1		0.29	0.59	
Copper, Cu.....mg	0.040		2		1		0.011	0.023	
Manganese, Mn.....mg	0.210		2		1		0.060	0.120	
Selenium, Se.....µg	19.0		0	FLA	4		5.4	10.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.5		0	FLA	4		0.1	0.3	
Thiamin.....mg	0.232	0.007	8		1		0.066	0.132	
Riboflavin.....mg	0.164	0.003	8		1		0.046	0.093	
Niacin.....mg	1.600	0.053	8		1		0.454	0.912	
Pantothenic acid.....mg	0.596	0.019	8		1		0.169	0.340	
Vitamin B-6.....mg	0.032	0.000	8		1		0.009	0.018	
Folate, total.....µg	57		0	FLA	4		16	32	
Folic acid.....µg	44		0	NC	4		12	25	
Folate, food.....µg	13	0.435	8		1		4	7	
Folate, DFE.....mcg_DFE	88		0	NC	4		25	50	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.20		0	FLA	4		0.06	0.11	
Vitamin A, RAE.....mcg_RAE	94		0	NC	4		27	54	
Retinol.....µg	90		0	NC	4		26	51	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	380		0	FLA	4		108	217	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	4.994		0	FLA	4		1.416	2.847	
4:0.....g	0.211		0		1		0.060	0.120	

NDB No. 18240
Croissants, apple

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.125		0		1		0.035	0.071	
8:0.....g	0.073		0		1		0.021	0.042	
10:0.....g	0.165		0		1		0.047	0.094	
12:0.....g	0.185		0		1		0.052	0.105	
13:0.....g									
14:0.....g	0.663		0		1		0.188	0.378	
15:0.....g									
16:0.....g	2.115		0		1		0.600	1.206	
17:0.....g									
18:0.....g	0.908		0		1		0.257	0.518	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.393		0	FLA	4		0.678	1.364	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200		0		1		0.057	0.114	
17:1.....g									
18:1 undifferentiated.....g	2.169		0		1		0.615	1.236	
20:1.....g	0.004		0		1		0.001	0.002	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.628		0	FLA	4		0.178	0.358	
18:2 undifferentiated.....g	0.600		0		1		0.170	0.342	
18:3 undifferentiated.....g	0.118		0		1		0.033	0.067	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.019		0		1		0.005	0.011	
20:5 n-3 (EPA).....g	0.001		0		1		0.000	0.001	
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g	0.005		0		1		0.001	0.003	
Fatty acids, total trans.....g									
Cholesterol.....mg	31		0	FLA	4		9	18	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.086		0		1		0.024	0.049	
Threonine.....g	0.256		0		1		0.073	0.146	
Isoleucine.....g	0.325		0		1		0.092	0.185	
Leucine.....g	0.556		0		1		0.158	0.317	
Lysine.....g	0.318		0		1		0.090	0.181	
Methionine.....g	0.151		0		1		0.043	0.086	
Cystine.....g	0.140		0		1		0.040	0.080	
Phenylalanine.....g	0.359		0		1		0.102	0.205	
Tyrosine.....g	0.243		0		1		0.069	0.139	
Valine.....g	0.368		0		1		0.104	0.210	
Arginine.....g	0.309		0		1		0.088	0.176	
Histidine.....g	0.166		0		1		0.047	0.095	
Alanine.....g	0.296		0		1		0.084	0.169	
Aspartic acid.....g	0.456		0		1		0.129	0.260	
Glutamic acid.....g	1.970		0		1		0.558	1.123	
Glycine.....g	0.296		0		1		0.084	0.169	
Proline.....g	0.712		0		1		0.202	0.406	
Serine.....g	0.383		0		1		0.109	0.218	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18240
Croissants, apple

Measure 2 = 57g: 1 croissant, medium

Calories Factors: Protein 4

Fat 8.8

Carbohydrate4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18239
Croissants, butter

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	23.20	0.731	6		1		6.58	6.50	9.74
Energy.....kcal	406		0		4		115	114	171
Energy.....kJ	1699		0		4		482	476	713
Protein (N x 5.9).....g	8.20	0.030	26		1		2.32	2.30	3.44
Total lipid (fat).....g	21.00	0.307	27		1		5.95	5.88	8.82
Ash.....g	1.60	0.049	6		1		0.45	0.45	0.67
Carbohydrate, by difference.....g	45.80		0	NC	4		12.98	12.82	19.24
Fiber, total dietary.....g	2.6		0		1		0.7	0.7	1.1
Sugars, total.....g	11.26		0	FLA	4		3.19	3.15	4.73
Starch.....g									
Minerals:									
Calcium, Ca.....mg	37	1.492	26		1		10	10	16
Iron, Fe.....mg	2.03	0.583	4		1		0.58	0.57	0.85
Magnesium, Mg.....mg	16	0.504	25		1		5	4	7
Phosphorus, P.....mg	105	4.790	3		1		30	29	44
Potassium, K.....mg	118	1.758	25		1		33	33	50
Sodium, Na.....mg	347		0	LC	8		98	97	146
Zinc, Zn.....mg	0.75		2		1		0.21	0.21	0.32
Copper, Cu.....mg	0.080		2		1		0.023	0.022	0.034
Manganese, Mn.....mg	0.330		2		1		0.094	0.092	0.139
Selenium, Se.....µg	22.7		0	FLA	4		6.4	6.4	9.5
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		0		4		0.1	0.1	0.1
Thiamin.....mg	0.388	0.038	10		1		0.110	0.109	0.163
Riboflavin.....mg	0.241	0.020	10		1		0.068	0.067	0.101
Niacin.....mg	2.188	0.147	10		1		0.620	0.613	0.919
Pantothenic acid.....mg	0.861	0.022	8		1		0.244	0.241	0.362
Vitamin B-6.....mg	0.058	0.001	8		1		0.016	0.016	0.024
Folate, total.....µg	88		0	FLA	4		25	25	37
Folic acid.....µg	60		0		4		17	17	25
Folate, food.....µg	28	1.503	8		1		8	8	12
Folate, DFE.....mcg_DFE	130		0	NC	4		37	36	55
Choline, total.....mg	38.8		0	FLC	4		11.0	10.9	16.3
Betaine.....mg									
Vitamin B-12.....µg	0.16		0	FLA	4		0.05	0.04	0.07
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	206		0	NC	4		58	58	86
Retinol.....µg	202		0	FLA	4		57	57	85
Carotene, beta.....µg	38		0	FLA	4		11	11	16
Carotene, alpha.....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....µg	1		0	FLA	4		0	0	1
Vitamin A, IU.....IU	744		0	FLA	4		211	208	312
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	74		0	FLA	4		21	21	31
Vitamin E (alpha-tocopherol).....mg	0.84		0	FLA	4		0.24	0.24	0.35
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	1.8		0	FLA	4		0.5	0.5	0.8
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									
Lipids:									

NDB No. 18239
Croissants, butter

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code				
Fatty acids, total saturated.....g	11.659		0	FLA	4	3.305	3.265	4.897
4:0.....g	0.595		0	FLA	4	0.169	0.167	0.250
6:0.....g	0.351		0	FLA	4	0.100	0.098	0.147
8:0.....g	0.205		0	FLA	4	0.058	0.057	0.086
10:0.....g	0.459		0	FLA	4	0.130	0.129	0.193
12:0.....g	0.514		0	FLA	4	0.146	0.144	0.216
13:0.....g								
14:0.....g	1.845		0	FLA	4	0.523	0.517	0.775
15:0.....g								
16:0.....g	5.023		0	FLA	4	1.424	1.406	2.110
17:0.....g								
18:0.....g	2.259		0	FLA	4	0.640	0.633	0.949
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	5.525		0	FLA	4	1.566	1.547	2.321
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.429		0	FLA	4	0.122	0.120	0.180
17:1.....g								
18:1 undifferentiated.....g	4.822		0	FLA	4	1.367	1.350	2.025
20:1.....g	0.001		0	FLA	4	0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4	0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.094		0	FLA	4	0.310	0.306	0.459
18:2 undifferentiated.....g	0.795		0	FLA	4	0.225	0.223	0.334
18:3 undifferentiated.....g	0.289		0	FLA	4	0.082	0.081	0.121
18:4.....g	0.001		0	FLA	4	0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.006		0	FLA	4	0.002	0.002	0.003
20:5 n-3 (EPA).....g	0.003		0	FLA	4	0.001	0.001	0.001
22:5 n-3 (DPA).....g	0.000		0	FLA	4	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.002		0	FLA	4	0.001	0.001	0.001
Fatty acids, total trans.....g								
Cholesterol.....mg	67		0	FLA	4	19	19	28
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.099		0		1	0.028	0.028	0.042
Threonine.....g	0.284		0		1	0.081	0.080	0.119
Isoleucine.....g	0.365		0		1	0.103	0.102	0.153
Leucine.....g	0.623		0		1	0.177	0.174	0.262
Lysine.....g	0.329		0		1	0.093	0.092	0.138
Methionine.....g	0.175		0		1	0.050	0.049	0.074
Cystine.....g	0.172		0		1	0.049	0.048	0.072
Phenylalanine.....g	0.416		0		1	0.118	0.116	0.175
Tyrosine.....g	0.271		0		1	0.077	0.076	0.114
Valine.....g	0.410		0		1	0.116	0.115	0.172
Arginine.....g	0.339		0		1	0.096	0.095	0.142
Histidine.....g	0.187		0		1	0.053	0.052	0.079
Alanine.....g	0.325		0		1	0.092	0.091	0.137
Aspartic acid.....g	0.501		0		1	0.142	0.140	0.210
Glutamic acid.....g	2.300		0		1	0.652	0.644	0.966
Glycine.....g	0.288		0		1	0.082	0.081	0.121
Proline.....g	0.778		0		1	0.221	0.218	0.327
Serine.....g	0.440		0		1	0.125	0.123	0.185
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4	0	0	0
Theobromine.....mg	0		0	FLA	4	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18239
Croissants, butter

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code						

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 28.35g: 1 oz
- Measure 2 = 28g: 1 croissant, mini
- Measure 3 = 42g: 1 croissant, small

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18241
Croissants, cheese

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	21.00		2		1		5.95	8.82	11.97
Energy.....kcal	414		0	NC	4		117	174	236
Energy.....kJ	1732		0		4		491	728	987
Protein (N x 5.9).....g	9.20		2		1		2.61	3.86	5.24
Total lipid (fat).....g	20.90	0.294	3		1		5.93	8.78	11.91
Ash.....g	1.90		2		1		0.54	0.80	1.08
Carbohydrate, by difference.....g	47.00		0	NC	4		13.32	19.74	26.79
Fiber, total dietary.....g	2.6		0		4		0.7	1.1	1.5
Sugars, total.....g	11.35		0	FLA	4		3.22	4.77	6.47
Starch.....g									
Minerals:									
Calcium, Ca.....mg	53		2		1		15	22	30
Iron, Fe.....mg	2.15		2		1		0.61	0.90	1.23
Magnesium, Mg.....mg	24		2		1		7	10	14
Phosphorus, P.....mg	130		2		1		37	55	74
Potassium, K.....mg	132		2		1		37	55	75
Sodium, Na.....mg	361		0	LC	8		102	152	206
Zinc, Zn.....mg	0.94		2		1		0.27	0.39	0.54
Copper, Cu.....mg	0.100		2		1		0.028	0.042	0.057
Manganese, Mn.....mg	0.340		2		1		0.096	0.143	0.194
Selenium, Se.....µg	26.8		0	FLA	4		7.6	11.3	15.3
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		0	FLA	4		0.1	0.1	0.1
Thiamin.....mg	0.523	0.003	8		1		0.148	0.220	0.298
Riboflavin.....mg	0.325	0.011	8		1		0.092	0.137	0.185
Niacin.....mg	2.160	0.074	8		1		0.612	0.907	1.231
Pantothenic acid.....mg	0.842	0.024	8		1		0.239	0.354	0.480
Vitamin B-6.....mg	0.073	0.001	8		1		0.021	0.031	0.042
Folate, total.....µg	74		0	FLA	4		21	31	42
Folic acid.....µg	41		0	NC	4		12	17	23
Folate, food.....µg	33	0.552	8		1		9	14	19
Folate, DFE.....mcg_DFE	103		0	NC	4		29	43	59
Choline, total.....mg	38.8		0	BFZN	4		11.0	16.3	22.1
Betaine.....mg									
Vitamin B-12.....µg	0.32	0.011	8		1		0.09	0.13	0.18
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	204		0	NC	4		58	86	116
Retinol.....µg	197		0	FLA	4		56	83	112
Carotene, beta.....µg	89		0	FLA	4		25	37	51
Carotene, alpha.....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	0
Vitamin A, IU.....IU	805		0	FLA	4		228	338	459
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	43		0	FLA	4		12	18	25
Vitamin E (alpha-tocopherol).....mg	1.44		0	FLA	4		0.41	0.60	0.82
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	10.9		0	FLA	4		3.1	4.6	6.2
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 18241
Croissants, cheese

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Fatty acids, total saturated.....g	10.628		0	FLA	4		3.013	4.464	6.058
4:0.....g	0.497		0	FLA	4		0.141	0.209	0.283
6:0.....g	0.293		0	FLA	4		0.083	0.123	0.167
8:0.....g	0.170		0	FLA	4		0.048	0.071	0.097
10:0.....g	0.382		0	FLA	4		0.108	0.160	0.218
12:0.....g	0.426		0	FLA	4		0.121	0.179	0.243
13:0.....g									
14:0.....g	1.553		0	FLA	4		0.440	0.652	0.885
15:0.....g									
16:0.....g	4.762		0	FLA	4		1.350	2.000	2.714
17:0.....g									
18:0.....g	2.198		0	FLA	4		0.623	0.923	1.253
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.509		0	FLA	4		1.845	2.734	3.710
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.363		0	FLA	4		0.103	0.152	0.207
17:1.....g									
18:1 undifferentiated.....g	5.917		0	FLA	4		1.677	2.485	3.373
20:1.....g	0.001		0	FLA	4		0.000	0.000	0.001
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.384		0	FLA	4		0.676	1.001	1.359
18:2 undifferentiated.....g	2.069		0	FLA	4		0.587	0.869	1.179
18:3 undifferentiated.....g	0.306		0	FLA	4		0.087	0.129	0.174
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.005		0	FLA	4		0.001	0.002	0.003
20:5 n-3 (EPA).....g	0.002		0	FLA	4		0.001	0.001	0.001
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.002		0	FLA	4		0.001	0.001	0.001
Fatty acids, total trans.....g									
Cholesterol.....mg	57		0	FLA	4		16	24	32
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.109		0		1		0.031	0.046	0.062
Threonine.....g	0.304		0		1		0.086	0.128	0.173
Isoleucine.....g	0.407		0		1		0.115	0.171	0.232
Leucine.....g	0.692		0		1		0.196	0.291	0.394
Lysine.....g	0.371		0		1		0.105	0.156	0.211
Methionine.....g	0.187		0		1		0.053	0.079	0.107
Cystine.....g	0.176		0		1		0.050	0.074	0.100
Phenylalanine.....g	0.455		0		1		0.129	0.191	0.259
Tyrosine.....g	0.302		0		1		0.086	0.127	0.172
Valine.....g	0.453		0		1		0.128	0.190	0.258
Arginine.....g	0.363		0		1		0.103	0.152	0.207
Histidine.....g	0.212		0		1		0.060	0.089	0.121
Alanine.....g	0.338		0		1		0.096	0.142	0.193
Aspartic acid.....g	0.527		0		1		0.149	0.221	0.300
Glutamic acid.....g	2.585		0		1		0.733	1.086	1.473
Glycine.....g	0.301		0		1		0.085	0.126	0.172
Proline.....g	0.894		0		1		0.253	0.375	0.510
Serine.....g	0.478		0		1		0.136	0.201	0.272
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18241
Croissants, cheese

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code						

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 42g: 1 croissant, small

Measure 3 = 57g: 1 croissant, medium

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18242

Croutons, plain

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	5.50	0.306	5		1		0.78	1.65	
Energy.....kcal	407		0	NC	4		58	122	
Energy.....kJ	1703				4		242	511	
Protein (N x 5.7).....g	11.90	0.971	5		1		1.69	3.57	
Total lipid (fat).....g	6.60	3.084	6		1		0.94	1.98	
Ash.....g	2.50	0.133	5		1		0.36	0.75	
Carbohydrate, by difference.....g	73.50		0	NC	4		10.44	22.05	
Fiber, total dietary.....g	5.1		0		1		0.7	1.5	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	76	10.262	5		1		11	23	
Iron, Fe.....mg	4.08	0.455	5		1		0.58	1.22	
Magnesium, Mg.....mg	31	2.294	5		1		4	9	
Phosphorus, P.....mg	115	6.373	4		1		16	35	
Potassium, K.....mg	124	18.648	6		1		18	37	
Sodium, Na.....mg	698	60.698	6		1		99	209	
Zinc, Zn.....mg	0.89	0.125	5		1		0.13	0.27	
Copper, Cu.....mg	0.163	0.036	5		1		0.023	0.049	
Manganese, Mn.....mg	0.500	0.013	4		1		0.071	0.150	
Selenium, Se.....µg	37.5		0	FLA	4		5.3	11.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.623	0.061	11		1		0.088	0.187	
Riboflavin.....mg	0.272	0.031	11		1		0.039	0.082	
Niacin.....mg	5.439	0.547	11		1		0.772	1.632	
Pantothenic acid.....mg	0.429	0.049	12		1		0.061	0.129	
Vitamin B-6.....mg	0.026	0.006	10		1		0.004	0.008	
Folate, total.....µg	132		0	FLA	4		19	40	
Folic acid.....µg	110		0	NC	4		16	33	
Folate, food.....µg	22	0.315	8		1		3	7	
Folate, DFE.....mcg_DFE	209		0	NC	4		30	63	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		1		1		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		1		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.510		0	FLA	4		0.214	0.453	
4:0.....g	0.000		0	FLA	4		0.000	0.000	

NDB No. 18242
Croutons, plain

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number		<u>measures of food</u>			
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2
6:0.....g	0.000		0	FLA	4		0.000	0.000
8:0.....g	0.000		0	FLA	4		0.000	0.000
10:0.....g	0.000		0	FLA	4		0.000	0.000
12:0.....g	0.001		0	FLA	4		0.000	0.000
13:0.....g								
14:0.....g	0.026		0	FLA	4		0.004	0.008
15:0.....g								
16:0.....g	0.857		0	FLA	4		0.122	0.257
17:0.....g								
18:0.....g	0.613		0	FLA	4		0.087	0.184
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	3.059		0	FLA	4		0.434	0.918
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.031		0	FLA	4		0.004	0.009
17:1.....g								
18:1 undifferentiated.....g	3.029		0	FLA	4		0.430	0.909
20:1.....g	0.000		0	FLA	4		0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.273		0	FLA	4		0.181	0.382
18:2 undifferentiated.....g	1.204		0	FLA	4		0.171	0.361
18:3 undifferentiated.....g	0.070		0	FLA	4		0.010	0.021
18:4.....g	0.000		0	FLA	4		0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		1		1		0	0
Phytosterols.....mg								
<u>Amino Acids:</u>								
Tryptophan.....g	0.140		0		1		0.020	0.042
Threonine.....g	0.337		0		1		0.048	0.101
Isoleucine.....g	0.456		0		1		0.065	0.137
Leucine.....g	0.832		0		1		0.118	0.250
Lysine.....g	0.278		0		1		0.039	0.083
Methionine.....g	0.211		0		1		0.030	0.063
Cystine.....g	0.261		0		1		0.037	0.078
Phenylalanine.....g	0.586		0		1		0.083	0.176
Tyrosine.....g	0.337		0		1		0.048	0.101
Valine.....g	0.514		0		1		0.073	0.154
Arginine.....g	0.431		0		1		0.061	0.129
Histidine.....g	0.255		0		1		0.036	0.077
Alanine.....g	0.391		0		1		0.056	0.117
Aspartic acid.....g	0.529		0		1		0.075	0.159
Glutamic acid.....g	4.024		0		1		0.571	1.207
Glycine.....g	0.418		0		1		0.059	0.125
Proline.....g	1.345		0		1		0.191	0.404
Serine.....g	0.579		0		1		0.082	0.174
Hydroxyproline.....g								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.2g: .5 oz

NDB No. 18242

Croutons, plain

Measure 2 = 30g: 1 cup

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18243
Croutons, seasoned

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.60	0.319	9		1		0.51	1.44	0.36
Energy.....kcal	465		0	NC	4		66	186	47
Energy.....kJ	1946		0		4		276	778	195
Protein (N x 5.8).....g	10.80	0.146	40		1		1.53	4.32	1.08
Total lipid (fat).....g	18.30	0.346	40		1		2.60	7.32	1.83
Ash.....g	3.80	0.197	11		1		0.54	1.52	0.38
Carbohydrate, by difference.....g	63.50		0	NC	4		9.02	25.40	6.35
Fiber, total dietary.....g	5.0		0		1		0.7	2.0	0.5
Sugars, total.....g	4.41		0	FLA	4		0.63	1.76	0.44
Starch.....g									
Minerals:									
Calcium, Ca.....mg	96	4.583	40		1		14	38	10
Iron, Fe.....mg	2.82	0.089	40		1		0.40	1.13	0.28
Magnesium, Mg.....mg	42	2.551	5		1		6	17	4
Phosphorus, P.....mg	140	20.623	5		1		20	56	14
Potassium, K.....mg	181	6.887	15		1		26	72	18
Sodium, Na.....mg	1089		0	LC	8		155	436	109
Zinc, Zn.....mg	0.94	0.101	5		1		0.13	0.38	0.09
Copper, Cu.....mg	0.168	0.028	5		1		0.024	0.067	0.017
Manganese, Mn.....mg	0.514	0.038	4		1		0.073	0.206	0.051
Selenium, Se.....µg	28.8		0	FLA	4		4.1	11.5	2.9
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	0.0
Thiamin.....mg	0.506	0.006	46		1		0.072	0.202	0.051
Riboflavin.....mg	0.421	0.011	46		1		0.060	0.168	0.042
Niacin.....mg	4.646	0.060	39		1		0.660	1.858	0.465
Pantothenic acid.....mg	0.835	0.062	12		1		0.119	0.334	0.084
Vitamin B-6.....mg	0.083	0.001	10		1		0.012	0.033	0.008
Folate, total.....µg	105		0	FLA	4		15	42	10
Folic acid.....µg	65		0		4		9	26	7
Folate, food.....µg	40	2.001	8		1		6	16	4
Folate, DFE.....mcg_DFE	151		0	NC	4		21	60	15
Choline, total.....mg	14.6		0	BFZN	4		2.1	5.8	1.5
Betaine.....mg									
Vitamin B-12.....µg	0.14		0	FLA	4		0.02	0.06	0.01
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	7		0	NC	4		1	3	1
Retinol.....µg	7		0	FLA	4		1	3	1
Carotene, beta.....µg	6		0	FLA	4		1	2	1
Carotene, alpha.....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	0
Vitamin A, IU.....IU	32		0	NC	4		5	13	3
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	45		0	FLA	4		6	18	4
Vitamin E (alpha-tocopherol).....mg	0.40		0	FLA	4		0.06	0.16	0.04
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	7.6		0	FLA	4		1.1	3.0	0.8
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 18243
Croutons, seasoned

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Fatty acids, total saturated.....g	5.247		0	FLA	4		0.745	2.099	0.525
4:0.....g	0.092		0	FLA	4		0.013	0.037	0.009
6:0.....g	0.034		0	FLA	4		0.005	0.014	0.003
8:0.....g	0.018		0	FLA	4		0.003	0.007	0.002
10:0.....g	0.045		0	FLA	4		0.006	0.018	0.005
12:0.....g	0.061		0	FLA	4		0.009	0.024	0.006
13:0.....g									
14:0.....g	0.282		0	FLA	4		0.040	0.113	0.028
15:0.....g									
16:0.....g	2.634		0	FLA	4		0.374	1.054	0.263
17:0.....g									
18:0.....g	2.023		0	FLA	4		0.287	0.809	0.202
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	9.498		0	FLA	4		1.349	3.799	0.950
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.047		0	FLA	4		0.007	0.019	0.005
17:1.....g									
18:1 undifferentiated.....g	9.451		0	FLA	4		1.342	3.780	0.945
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.368		0	FLA	4		0.336	0.947	0.237
18:2 undifferentiated.....g	2.227		0	FLA	4		0.316	0.891	0.223
18:3 undifferentiated.....g	0.142		0	FLA	4		0.020	0.057	0.014
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	7		0	FLA	4		1	3	1
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.125		0		1		0.018	0.050	0.013
Threonine.....g	0.326		0		1		0.046	0.130	0.033
Isoleucine.....g	0.428		0		1		0.061	0.171	0.043
Leucine.....g	0.774		0		1		0.110	0.310	0.077
Lysine.....g	0.344		0		1		0.049	0.138	0.034
Methionine.....g	0.195		0		1		0.028	0.078	0.020
Cystine.....g	0.218		0		1		0.031	0.087	0.022
Phenylalanine.....g	0.525		0		1		0.075	0.210	0.053
Tyrosine.....g	0.331		0		1		0.047	0.132	0.033
Valine.....g	0.488		0		1		0.069	0.195	0.049
Arginine.....g	0.402		0		1		0.057	0.161	0.040
Histidine.....g	0.246		0		1		0.035	0.098	0.025
Alanine.....g	0.357		0		1		0.051	0.143	0.036
Aspartic acid.....g	0.540		0		1		0.077	0.216	0.054
Glutamic acid.....g	3.378		0		1		0.480	1.351	0.338
Glycine.....g	0.361		0		1		0.051	0.144	0.036
Proline.....g	1.163		0		1		0.165	0.465	0.116
Serine.....g	0.527		0		1		0.075	0.211	0.053
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18243
Croutons, seasoned

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.2g: .5 oz

Measure 2 = 40g: 1 cup

Measure 3 = 10.0g: 1 package, fast food

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18245
Danish pastry, cheese

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	31.40		1		1		8.90	22.29	
Energy.....kcal	374		0	NC	4		106	266	
Energy.....kJ	1565		0		4		444	1111	
Protein (N x 6).....g	8.00		1		1		2.27	5.68	
Total lipid (fat).....g	21.90		1		1		6.21	15.55	
Ash.....g	1.50		1		1		0.43	1.07	
Carbohydrate, by difference.....g	37.20		0	NC	4		10.55	26.41	
Fiber, total dietary.....g	1.0		0		4		0.3	0.7	
Sugars, total.....g	6.95		0	FLA	4		1.97	4.93	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	35		1		1		10	25	
Iron, Fe.....mg	1.60		0	A	1		0.45	1.14	
Magnesium, Mg.....mg	15		1		1		4	11	
Phosphorus, P.....mg	108		1		1		31	77	
Potassium, K.....mg	98		1		1		28	70	
Sodium, Na.....mg	322		0	LC	8		91	229	
Zinc, Zn.....mg	0.70		0	FLA	4		0.20	0.50	
Copper, Cu.....mg	0.089		0	FLA	4		0.025	0.063	
Manganese, Mn.....mg	0.351		0	FLA	4		0.100	0.249	
Selenium, Se.....µg	18.9		0	FLA	4		5.4	13.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	FLA	4		0.0	0.1	
Thiamin.....mg	0.190		1		1		0.054	0.135	
Riboflavin.....mg	0.260		1		1		0.074	0.185	
Niacin.....mg	2.000		1		1		0.567	1.420	
Pantothenic acid.....mg	0.304		0	FLA	4		0.086	0.216	
Vitamin B-6.....mg	0.040		0	FLA	4		0.011	0.028	
Folate, total.....µg	60		0	FLA	4		17	43	
Folic acid.....µg	35		0	NC	4		10	25	
Folate, food.....µg	25		0		4		7	18	
Folate, DFE.....mcg_DFE	85		0	NC	4		24	60	
Choline, total.....mg	20.1		0	FLA	4		5.7	14.2	
Betaine.....mg									
Vitamin B-12.....µg	0.20		0	FLA	4		0.06	0.14	
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	35		0	NC	4		10	25	
Retinol.....µg	34		0	FLA	4		10	24	
Carotene, beta.....µg	8		0	FLA	4		2	6	
Carotene, alpha.....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	128		0	FLA	4		36	91	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	38		0	FLA	4		11	27	
Vitamin E (alpha-tocopherol).....mg	0.35		0	FLA	4		0.10	0.25	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	FLA	4		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	2		0	NR	4		0	1	
Vitamin K (phylloquinone).....µg	6.9		0	FLA	4		2.0	4.9	
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									
Lipids:									

NDB No. 18245
Danish pastry, cheese

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number		measures of food				
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	6.794		0	FLA	4		1.926	4.824	
4:0.....g	0.096		0	FLA	4		0.027	0.068	
6:0.....g	0.028		0	FLA	4		0.008	0.020	
8:0.....g	0.033		0	FLA	4		0.009	0.024	
10:0.....g	0.075		0	FLA	4		0.021	0.054	
12:0.....g	0.084		0	FLA	4		0.024	0.059	
13:0.....g									
14:0.....g	0.372		0	FLA	4		0.106	0.264	
15:0.....g									
16:0.....g	3.403		0	FLA	4		0.965	2.416	
17:0.....g									
18:0.....g	2.646		0	FLA	4		0.750	1.879	
20:0.....g	0.005		0	FLA	4		0.001	0.003	
22:0.....g	0.000		0	FLA	4		0.000	0.000	
24:0.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total monounsaturated.....g	11.313		0	FLA	4		3.207	8.032	
14:1.....g	0.022		0	FLA	4		0.006	0.015	
15:1.....g									
16:1 undifferentiated.....g	0.058		0	FLA	4		0.016	0.041	
17:1.....g									
18:1 undifferentiated.....g	11.226		0	FLA	4		3.182	7.970	
20:1.....g	0.004		0	FLA	4		0.001	0.003	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.575		0	FLA	4		0.730	1.828	
18:2 undifferentiated.....g	2.410		0	FLA	4		0.683	1.711	
18:3 undifferentiated.....g	0.139		0	FLA	4		0.040	0.099	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.010		0	FLA	4		0.003	0.007	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.001		0	FLA	4		0.000	0.001	
Fatty acids, total trans.....g									
Cholesterol.....mg	23		0	FLA	4		7	16	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.089		0		1		0.025	0.063	
Threonine.....g	0.293		0		1		0.083	0.208	
Isoleucine.....g	0.371		0		1		0.105	0.263	
Leucine.....g	0.644		0		1		0.183	0.457	
Lysine.....g	0.430		0		1		0.122	0.305	
Methionine.....g	0.174		0		1		0.049	0.124	
Cystine.....g	0.137		0		1		0.039	0.097	
Phenylalanine.....g	0.402		0		1		0.114	0.285	
Tyrosine.....g	0.293		0		1		0.083	0.208	
Valine.....g	0.412		0		1		0.117	0.293	
Arginine.....g	0.324		0		1		0.092	0.230	
Histidine.....g	0.205		0		1		0.058	0.146	
Alanine.....g	0.292		0		1		0.083	0.207	
Aspartic acid.....g	0.511		0		1		0.145	0.363	
Glutamic acid.....g	2.021		0		1		0.573	1.435	
Glycine.....g	0.239		0		1		0.068	0.170	
Proline.....g	0.717		0		1		0.203	0.509	
Serine.....g	0.428		0		1		0.121	0.304	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18245
Danish pastry, cheese

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 71g: 1 pastry

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18244

Danish pastry, cinnamon, enriched

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	24.30	1.535	3		1		6.89	34.51	8.51
Energy.....kcal	403		0		4		114	572	141
Energy.....kJ	1686		0		4		478	2394	590
Protein (N x 5.8).....g	7.00	0.511	3		1		1.98	9.94	2.45
Total lipid (fat).....g	22.40	1.634	3		1		6.35	31.81	7.84
Ash.....g	1.70	0.103	5		1		0.48	2.41	0.60
Carbohydrate, by difference.....g	44.60		0	NC	4		12.64	63.33	15.61
Fiber, total dietary.....g	1.3		0		1		0.4	1.8	0.5
Sugars, total.....g	19.78		0	FLA	4		5.61	28.09	6.92
Starch.....g									
Minerals:									
Calcium, Ca.....mg	71	5.973	30		1		20	101	25
Iron, Fe.....mg	1.96	0.096	29		1		0.56	2.78	0.69
Magnesium, Mg.....mg	19	0.467	31		1		5	27	7
Phosphorus, P.....mg	107	3.843	30		1		30	152	37
Potassium, K.....mg	125	4.168	29		1		35	178	44
Sodium, Na.....mg	371	8.862	31		1		105	527	130
Zinc, Zn.....mg	0.72	0.027	31		1		0.20	1.02	0.25
Copper, Cu.....mg	0.100	0.005	30		1		0.028	0.142	0.035
Manganese, Mn.....mg	0.362	0.017	30		1		0.103	0.514	0.127
Selenium, Se.....µg	17.0	0.755	33	A	1		4.8	24.1	6.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	FLA	4		0.0	0.1	0.0
Thiamin.....mg	0.300	0.040	3		1		0.085	0.426	0.105
Riboflavin.....mg	0.263	0.012	3		1		0.075	0.373	0.092
Niacin.....mg	2.867	0.240	3		1		0.813	4.071	1.003
Pantothenic acid.....mg	0.396		0	FLA	4		0.112	0.562	0.139
Vitamin B-6.....mg	0.038		0	FLA	4		0.011	0.054	0.013
Folate, total.....µg	68		0	FLA	4		19	97	24
Folic acid.....µg	35		0	FLA	4		10	50	12
Folate, food.....µg	33		0		4		9	47	12
Folate, DFE.....mcg_DFE	92		0	NC	4		26	131	32
Choline, total.....mg	21.8		0	BFZN	4		6.2	31.0	7.6
Betaine.....mg									
Vitamin B-12.....µg	0.10		0	FLA	4		0.03	0.14	0.04
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	6		0	NC	4		2	9	2
Retinol.....µg	6		0	FLA	4		2	9	2
Carotene, beta.....µg	2		0	FLA	4		0	2	1
Carotene, alpha.....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....µg	1		0	FLA	4		0	1	0
Vitamin A, IU.....IU	24		0	NC	4		7	33	8
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	52		0	FLA	4		15	75	18
Vitamin E (alpha-tocopherol).....mg	0.39		0	FLA	4		0.11	0.55	0.14
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	9.4		0	FLA	4		2.7	13.3	3.3
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Fatty acids, total saturated.....g	5.681		0	FLA	4		1.611	8.067	1.988
4:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
12:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.109		0	FLA	4		0.031	0.155	0.038
15:0.....g									
16:0.....g	2.961		0	FLA	4		0.839	4.205	1.036
17:0.....g									
18:0.....g	2.602		0	FLA	4		0.738	3.695	0.911
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	12.515		0	FLA	4		3.548	17.771	4.380
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.022		0	FLA	4		0.006	0.031	0.008
17:1.....g									
18:1 undifferentiated.....g	12.491		0	FLA	4		3.541	17.737	4.372
20:1.....g	0.001		0	FLA	4		0.000	0.001	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.933		0	FLA	4		0.832	4.165	1.027
18:2 undifferentiated.....g	2.772		0	FLA	4		0.786	3.936	0.970
18:3 undifferentiated.....g	0.148		0	FLA	4		0.042	0.210	0.052
18:4.....g	0.001		0	FLA	4		0.000	0.001	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.007		0	FLA	4		0.002	0.010	0.002
20:5 n-3 (EPA).....g	0.003		0	FLA	4		0.001	0.004	0.001
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.002		0	FLA	4		0.001	0.003	0.001
Fatty acids, total trans.....g									
Cholesterol.....mg	21		0	FLA	4		6	30	7
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.084		0		1		0.024	0.119	0.029
Threonine.....g	0.245		0		1		0.069	0.348	0.086
Isoleucine.....g	0.310		0		1		0.088	0.440	0.109
Leucine.....g	0.532		0		1		0.151	0.755	0.186
Lysine.....g	0.296		0		1		0.084	0.420	0.104
Methionine.....g	0.139		0		1		0.039	0.197	0.049
Cystine.....g	0.139		0		1		0.039	0.197	0.049
Phenylalanine.....g	0.348		0		1		0.099	0.494	0.122
Tyrosine.....g	0.233		0		1		0.066	0.331	0.082
Valine.....g	0.344		0		1		0.098	0.488	0.120
Arginine.....g	0.312		0		1		0.088	0.443	0.109
Histidine.....g	0.160		0		1		0.045	0.227	0.056
Alanine.....g	0.274		0		1		0.078	0.389	0.096
Aspartic acid.....g	0.463		0		1		0.131	0.657	0.162
Glutamic acid.....g	1.882		0		1		0.534	2.672	0.659
Glycine.....g	0.245		0		1		0.069	0.348	0.086
Proline.....g	0.637		0		1		0.181	0.905	0.223
Serine.....g	0.376		0		1		0.107	0.534	0.132
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18244

Danish pastry, cinnamon, enriched

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 142g: 1 large (approx 7" dia)

Measure 3 = 35g: 1 small or frozen (approx 3" dia)

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18430

Danish pastry, cinnamon, unenriched

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	24.30	1.535	3		1		6.89	34.51	8.51
Energy.....kcal	403		0	NC	4		114	572	141
Energy.....kJ	1686				4		478	2394	590
Protein (N x 5.9).....g	7.00	0.511	3		1		1.98	9.94	2.45
Total lipid (fat).....g	22.40	1.634	3		1		6.35	31.81	7.84
Ash.....g	1.70	0.103	5		1		0.48	2.41	0.60
Carbohydrate, by difference.....g	44.60		0		4		12.64	63.33	15.61
Fiber, total dietary.....g	1.2		0		4		0.3	1.7	0.4
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	71	5.973	30		1		20	101	25
Iron, Fe.....mg	0.78		0		4		0.22	1.11	0.27
Magnesium, Mg.....mg	19	0.467	31		1		5	27	7
Phosphorus, P.....mg	107	3.843	30		1		30	152	37
Potassium, K.....mg	125	4.168	29		1		35	178	44
Sodium, Na.....mg	371	8.862	31		1		105	527	130
Zinc, Zn.....mg	0.72	0.027	31		1		0.20	1.02	0.25
Copper, Cu.....mg	0.100	0.005	30		1		0.028	0.142	0.035
Manganese, Mn.....mg	0.362	0.017	30		1		0.103	0.514	0.127
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		0		4		0.1	0.3	0.1
Thiamin.....mg	0.180		0		4		0.051	0.256	0.063
Riboflavin.....mg	0.100		0		4		0.028	0.142	0.035
Niacin.....mg	1.100		0		4		0.312	1.562	0.385
Pantothenic acid.....mg	0.396		0	BFZN	4		0.112	0.562	0.139
Vitamin B-6.....mg	0.038		0	BFZN	4		0.011	0.054	0.013
Folate, total.....µg	33		0		4		9	47	12
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	33		0		4		9	47	12
Folate, DFE.....mcg_DFE	33		0	NC	4		9	47	12
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.10		0	BFZN	4		0.03	0.14	0.04
Vitamin A, RAE.....mcg_RAE	4		0	NC	4		1	5	1
Retinol.....µg	4		0	NC	4		1	5	1
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	12		0	BFZN	4		3	17	4
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	5.681		0	BFZN	4		1.611	8.067	1.988
4:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 18430

Danish pastry, cinnamon, unenriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
10:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
12:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.109		0		4		0.031	0.155	0.038
15:0.....g									
16:0.....g	2.961		0	BFZN	4		0.839	4.205	1.036
17:0.....g									
18:0.....g	2.602		0	BFZN	4		0.738	3.695	0.911
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	12.515		0	BFZN	4		3.548	17.771	4.380
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.022		0	BFZN	4		0.006	0.031	0.008
17:1.....g									
18:1 undifferentiated.....g	12.491		0	BFZN	4		3.541	17.737	4.372
20:1.....g	0.001		0	BFZN	4		0.000	0.001	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.933		0	BFZN	4		0.832	4.165	1.027
18:2 undifferentiated.....g	2.772		0	BFZN	4		0.786	3.936	0.970
18:3 undifferentiated.....g	0.148		0	BFZN	4		0.042	0.210	0.052
18:4.....g	0.001		0	BFZN	4		0.000	0.001	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.007		0	BFZN	4		0.002	0.010	0.002
20:5 n-3 (EPA).....g	0.003		0	BFZN	4		0.001	0.004	0.001
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g	0.002		0	BFZN	4		0.001	0.003	0.001
Fatty acids, total trans.....g									
Cholesterol.....mg	21		0	BFZN	4		6	30	7
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.084		0		4		0.024	0.119	0.029
Threonine.....g	0.245		0		4		0.069	0.348	0.086
Isoleucine.....g	0.310		0		4		0.088	0.440	0.109
Leucine.....g	0.532		0		4		0.151	0.755	0.186
Lysine.....g	0.296		0		4		0.084	0.420	0.104
Methionine.....g	0.139		0		4		0.039	0.197	0.049
Cystine.....g	0.139		0		4		0.039	0.197	0.049
Phenylalanine.....g	0.348		0		4		0.099	0.494	0.122
Tyrosine.....g	0.233		0		4		0.066	0.331	0.082
Valine.....g	0.344		0		4		0.098	0.488	0.120
Arginine.....g	0.312		0		4		0.088	0.443	0.109
Histidine.....g	0.160		0		4		0.045	0.227	0.056
Alanine.....g	0.274		0		4		0.078	0.389	0.096
Aspartic acid.....g	0.463		0		4		0.131	0.657	0.162
Glutamic acid.....g	1.882		0		4		0.534	2.672	0.659
Glycine.....g	0.245		0		4		0.069	0.348	0.086
Proline.....g	0.637		0		4		0.181	0.905	0.223
Serine.....g	0.376		0		4		0.107	0.534	0.132
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18430

Danish pastry, cinnamon, unenriched

Measure 2 = 142g: 1 large (approx 7" dia)

Measure 3 = 35g: 1 small or frozen (approx 3" dia)

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18246

Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	27.10	1.256	18		1		7.68	38.48	9.49
Energy.....kcal	371		0	NC	4		105	527	130
Energy.....kJ	1552		0		4		440	2204	543
Protein (N x 5.8).....g	5.40	0.230	18		1		1.53	7.67	1.89
Total lipid (fat).....g	18.50	0.710	15		1		5.24	26.27	6.48
Ash.....g	1.20	0.040	18		1		0.34	1.70	0.42
Carbohydrate, by difference.....g	47.80		0		4		13.55	67.88	16.73
Fiber, total dietary.....g	1.9		0		4		0.5	2.7	0.7
Sugars, total.....g	27.53		0	FLA	4		7.80	39.09	9.63
Starch.....g									
Minerals:									
Calcium, Ca.....mg	46	9.200	16		1		13	65	16
Iron, Fe.....mg	1.77	0.101	14		1		0.50	2.51	0.62
Magnesium, Mg.....mg	15	0.643	15		1		4	21	5
Phosphorus, P.....mg	89	8.600	15		1		25	126	31
Potassium, K.....mg	83	6.753	11		1		24	118	29
Sodium, Na.....mg	354	6.785	16		1		100	503	124
Zinc, Zn.....mg	0.54	0.020	6		1		0.15	0.77	0.19
Copper, Cu.....mg	0.065	0.005	6		1		0.018	0.092	0.023
Manganese, Mn.....mg	0.253	0.012	6		1		0.072	0.359	0.089
Selenium, Se.....µg	14.8		0	FLA	4		4.2	21.0	5.2
Vitamins:									
Vitamin C, total ascorbic acid.....mg	3.9	1.837	15		1		1.1	5.5	1.4
Thiamin.....mg	0.263	0.020	20		1		0.075	0.373	0.092
Riboflavin.....mg	0.220	0.010	19		1		0.062	0.312	0.077
Niacin.....mg	1.992	0.074	16		1		0.565	2.829	0.697
Pantothenic acid.....mg	0.634	0.023	8		1		0.180	0.900	0.222
Vitamin B-6.....mg	0.043		0	FLA	4		0.012	0.061	0.015
Folate, total.....µg	47		0	FLA	4		13	66	16
Folic acid.....µg	31		0		4		9	44	11
Folate, food.....µg	16	1.032	8		1		5	23	6
Folate, DFE.....mcg_DFE	69		0	NC	4		19	98	24
Choline, total.....mg	21.8		0	A	1		6.2	31.0	7.6
Betaine.....mg	14.3		0	A	1		4.0	20.3	5.0
Vitamin B-12.....µg	0.09		0		4		0.03	0.13	0.03
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	15		0	NC	4		4	21	5
Retinol.....µg	15		0	FLA	4		4	21	5
Carotene, beta.....µg	1		0	FLA	4		0	1	0
Carotene, alpha.....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....µg	1		0	FLA	4		0	1	0
Vitamin A, IU.....IU	51		0	NC	4		14	72	18
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	49		0	FLA	4		14	70	17
Vitamin E (alpha-tocopherol).....mg	0.34		0	FLA	4		0.10	0.48	0.12
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	5.3		0	FLA	4		1.5	7.5	1.8
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									
Lipids:									

Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total saturated.....g	4.860		0	FLA	4		1.378	6.901	1.701
4:0.....g	0.001		0	FLA	4		0.000	0.001	0.000
6:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
12:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.088		0	FLA	4		0.025	0.125	0.031
15:0.....g									
16:0.....g	2.668		0	FLA	4		0.756	3.789	0.934
17:0.....g									
18:0.....g	2.096		0	FLA	4		0.594	2.976	0.734
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	10.026		0	FLA	4		2.842	14.237	3.509
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.069		0	FLA	4		0.020	0.098	0.024
17:1.....g									
18:1 undifferentiated.....g	9.947		0	FLA	4		2.820	14.125	3.481
20:1.....g	0.008		0	FLA	4		0.002	0.011	0.003
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.364		0	FLA	4		0.670	3.357	0.827
18:2 undifferentiated.....g	2.184		0	FLA	4		0.619	3.101	0.764
18:3 undifferentiated.....g	0.108		0	FLA	4		0.031	0.153	0.038
18:4.....g	0.004		0	FLA	4		0.001	0.006	0.001
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.038		0	FLA	4		0.011	0.054	0.013
20:5 n-3 (EPA).....g	0.019		0	FLA	4		0.005	0.027	0.007
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.012		0	FLA	4		0.003	0.017	0.004
Fatty acids, total trans.....g									
Cholesterol.....mg	114		0	FLA	4		32	162	40
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.064		0		4		0.018	0.091	0.022
Threonine.....g	0.171		0		4		0.048	0.243	0.060
Isoleucine.....g	0.224		0		4		0.064	0.318	0.078
Leucine.....g	0.398		0		4		0.113	0.565	0.139
Lysine.....g	0.177		0		4		0.050	0.251	0.062
Methionine.....g	0.110		0		4		0.031	0.156	0.039
Cystine.....g	0.118		0		4		0.033	0.168	0.041
Phenylalanine.....g	0.267		0		4		0.076	0.379	0.093
Tyrosine.....g	0.166		0		4		0.047	0.236	0.058
Valine.....g	0.252		0		4		0.071	0.358	0.088
Arginine.....g	0.209		0		4		0.059	0.297	0.073
Histidine.....g	0.118		0		4		0.033	0.168	0.041
Alanine.....g	0.191		0		4		0.054	0.271	0.067
Aspartic acid.....g	0.300		0		4		0.085	0.426	0.105
Glutamic acid.....g	1.603		0		4		0.454	2.276	0.561
Glycine.....g	0.178		0		4		0.050	0.253	0.062
Proline.....g	0.543		0		4		0.154	0.771	0.190
Serine.....g	0.285		0		4		0.081	0.405	0.100
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18246

Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 142g: 1 large (approx 7" dia)

Measure 3 = 35g: 1 small or frozen (approx 3" dia)

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18431

Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	27.10	1.256	18		1		7.68	38.48	9.49
Energy.....kcal	371		0	NC	4		105	527	130
Energy.....kJ	1552				4		440	2204	543
Protein (N x 5.8).....g	5.40	0.230	18		1		1.53	7.67	1.89
Total lipid (fat).....g	18.50	0.710	15		1		5.24	26.27	6.48
Ash.....g	1.20	0.040	18		1		0.34	1.70	0.42
Carbohydrate, by difference.....g	47.80		0		4		13.55	67.88	16.73
Fiber, total dietary.....g	1.9		0		4		0.5	2.7	0.7
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	46	9.200	16		1		13	65	16
Iron, Fe.....mg	0.75		0		4		0.21	1.07	0.26
Magnesium, Mg.....mg	15	0.643	15		1		4	21	5
Phosphorus, P.....mg	89	8.600	15		1		25	126	31
Potassium, K.....mg	83	6.753	11		1		24	118	29
Sodium, Na.....mg	354	6.785	16		1		100	503	124
Zinc, Zn.....mg	0.54	0.020	6		1		0.15	0.77	0.19
Copper, Cu.....mg	0.065	0.005	6		1		0.018	0.092	0.023
Manganese, Mn.....mg	0.253	0.012	6		1		0.072	0.359	0.089
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	3.9	1.837	15		1		1.1	5.5	1.4
Thiamin.....mg	0.065		0		4		0.018	0.092	0.023
Riboflavin.....mg	0.092		0		4		0.026	0.131	0.032
Niacin.....mg	0.769		0		4		0.218	1.092	0.269
Pantothenic acid.....mg	0.634	0.023	8		1		0.180	0.900	0.222
Vitamin B-6.....mg	0.040		0	BFZN	4		0.011	0.057	0.014
Folate, total.....µg	16	1.032	8		1		5	23	6
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	16	1.032	8		1		5	23	6
Folate, DFE.....mcg_DFE	16		0	NC	4		5	23	6
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.13		0	BFZN	4		0.04	0.18	0.05
Vitamin A, RAE.....mcg_RAE	22		0	NC	4		6	32	8
Retinol.....µg	22		0	NC	4		6	32	8
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	74		0	BFZN	4		21	105	26
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	2.826		0	BFZN	4		0.801	4.013	0.989
4:0.....g	0.001		0		4		0.000	0.001	0.000

NDB No. 18431

Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.001		0		4		0.000	0.001	0.000
12:0.....g	0.001		0		4		0.000	0.001	0.000
13:0.....g									
14:0.....g	0.053		0	BFZN	4		0.015	0.075	0.019
15:0.....g									
16:0.....g	1.527		0	BFZN	4		0.433	2.168	0.534
17:0.....g									
18:0.....g	1.233		0	BFZN	4		0.350	1.751	0.432
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.937		0	BFZN	4		1.683	8.431	2.078
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.031		0	BFZN	4		0.009	0.044	0.011
17:1.....g									
18:1 undifferentiated.....g	5.903		0	BFZN	4		1.674	8.382	2.066
20:1.....g	0.003		0	BFZN	4		0.001	0.004	0.001
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.508		0	BFZN	4		0.428	2.141	0.528
18:2 undifferentiated.....g	1.416		0	BFZN	4		0.401	2.011	0.496
18:3 undifferentiated.....g	0.075		0	BFZN	4		0.021	0.107	0.026
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.014		0	BFZN	4		0.004	0.020	0.005
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g	0.004		0	BFZN	4		0.001	0.006	0.001
Fatty acids, total trans.....g									
Cholesterol.....mg	40		0	BFZN	4		11	57	14
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.064		0		4		0.018	0.091	0.022
Threonine.....g	0.171		0		4		0.048	0.243	0.060
Isoleucine.....g	0.224		0		4		0.064	0.318	0.078
Leucine.....g	0.398		0		4		0.113	0.565	0.139
Lysine.....g	0.177		0		4		0.050	0.251	0.062
Methionine.....g	0.110		0		4		0.031	0.156	0.039
Cystine.....g	0.118		0		4		0.033	0.168	0.041
Phenylalanine.....g	0.267		0		4		0.076	0.379	0.093
Tyrosine.....g	0.166		0		4		0.047	0.236	0.058
Valine.....g	0.252		0		4		0.071	0.358	0.088
Arginine.....g	0.209		0		4		0.059	0.297	0.073
Histidine.....g	0.118		0		4		0.033	0.168	0.041
Alanine.....g	0.191		0		4		0.054	0.271	0.067
Aspartic acid.....g	0.300		0		4		0.085	0.426	0.105
Glutamic acid.....g	1.603		0		4		0.454	2.276	0.561
Glycine.....g	0.178		0		4		0.050	0.253	0.062
Proline.....g	0.543		0		4		0.154	0.771	0.190
Serine.....g	0.285		0		4		0.081	0.405	0.100
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18431

Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)

Measure 2 = 142g: 1 container (3 oz)

Measure 3 = 35g: 1 small or frozen (approx 3" dia)

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18433
Danish pastry, lemon, unenriched

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	27.10	1.256	18		1		7.68	19.24	
Energy.....kcal	371		0	NC	4		105	263	
Energy.....kJ	1552				4		440	1102	
Protein (N x 5.8).....g	5.40	0.230	18		1		1.53	3.83	
Total lipid (fat).....g	18.50	0.710	15		1		5.24	13.14	
Ash.....g	1.20	0.040	18		1		0.34	0.85	
Carbohydrate, by difference.....g	47.80		0		4		13.55	33.94	
Fiber, total dietary.....g	1.9		0		4		0.5	1.3	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	46	9.200	16		1		13	33	
Iron, Fe.....mg	0.75		0		4		0.21	0.53	
Magnesium, Mg.....mg	15	0.643	15		1		4	11	
Phosphorus, P.....mg	89	8.600	15		1		25	63	
Potassium, K.....mg	83	6.753	11		1		24	59	
Sodium, Na.....mg	354	6.785	16		1		100	251	
Zinc, Zn.....mg	0.54	0.020	6		1		0.15	0.38	
Copper, Cu.....mg	0.065	0.005	6		1		0.018	0.046	
Manganese, Mn.....mg	0.253	0.012	6		1		0.072	0.180	
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	3.9	1.837	15		1		1.1	2.8	
Thiamin.....mg	0.065		0		4		0.018	0.046	
Riboflavin.....mg	0.092		0		4		0.026	0.065	
Niacin.....mg	0.769		0		4		0.218	0.546	
Pantothenic acid.....mg	0.634	0.023	8		1		0.180	0.450	
Vitamin B-6.....mg	0.040		0	BFZN	4		0.011	0.028	
Folate, total.....µg	16	1.032	8		1		5	11	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	16	1.032	8		1		5	11	
Folate, DFE.....mcg_DFE	16		0	NC	4		5	11	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.09		0		4		0.03	0.06	
Vitamin A, RAE.....mcg_RAE	53		0	NC	4		15	37	
Retinol.....µg	53		0	NC	4		15	37	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	175		0		4		50	124	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	2.826		0	BFZN	4		0.801	2.006	
4:0.....g	0.001		0		4		0.000	0.001	

NDB No. 18433
Danish pastry, lemon, unenriched

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.001		0		4		0.000	0.001	
12:0.....g	0.001		0		4		0.000	0.001	
13:0.....g									
14:0.....g	0.053		0	BFZN	4		0.015	0.038	
15:0.....g									
16:0.....g	1.527		0	BFZN	4		0.433	1.084	
17:0.....g									
18:0.....g	1.233		0	BFZN	4		0.350	0.875	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.937		0	BFZN	4		1.683	4.215	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.031		0	BFZN	4		0.009	0.022	
17:1.....g									
18:1 undifferentiated.....g	5.903		0	BFZN	4		1.674	4.191	
20:1.....g	0.003		0	BFZN	4		0.001	0.002	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.508		0	BFZN	4		0.428	1.071	
18:2 undifferentiated.....g	1.416		0	BFZN	4		0.401	1.005	
18:3 undifferentiated.....g	0.075		0	BFZN	4		0.021	0.053	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.014		0	BFZN	4		0.004	0.010	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g	0.004		0	BFZN	4		0.001	0.003	
Fatty acids, total trans.....g									
Cholesterol.....mg	40		0	BFZN	4		11	28	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.064		0		4		0.018	0.045	
Threonine.....g	0.171		0		4		0.048	0.121	
Isoleucine.....g	0.224		0		4		0.064	0.159	
Leucine.....g	0.398		0		4		0.113	0.283	
Lysine.....g	0.177		0		4		0.050	0.126	
Methionine.....g	0.110		0		4		0.031	0.078	
Cystine.....g	0.118		0		4		0.033	0.084	
Phenylalanine.....g	0.267		0		4		0.076	0.190	
Tyrosine.....g	0.166		0		4		0.047	0.118	
Valine.....g	0.252		0		4		0.071	0.179	
Arginine.....g	0.209		0		4		0.059	0.148	
Histidine.....g	0.118		0		4		0.033	0.084	
Alanine.....g	0.191		0		4		0.054	0.136	
Aspartic acid.....g	0.300		0		4		0.085	0.213	
Glutamic acid.....g	1.603		0		4		0.454	1.138	
Glycine.....g	0.178		0		4		0.050	0.126	
Proline.....g	0.543		0		4		0.154	0.386	
Serine.....g	0.285		0		4		0.081	0.202	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18433

Danish pastry, lemon, unenriched

Measure 2 = 71g: 1 pastry

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18247

Danish pastry, nut (includes almond, raisin nut, cinnamon nut)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	20.40	0.311	7		1		5.78	13.26	10.81
Energy.....kcal	430		0		4		122	280	228
Energy.....kJ	1799		0		4		510	1169	954
Protein (N x 5.8).....g	7.10	0.186	7		1		2.01	4.62	3.76
Total lipid (fat).....g	25.20	0.583	7		1		7.14	16.38	13.36
Ash.....g	1.50	0.061	7		1		0.43	0.98	0.80
Carbohydrate, by difference.....g	45.70		0	NC	4		12.96	29.71	24.22
Fiber, total dietary.....g	2.0		0		1		0.6	1.3	1.1
Sugars, total.....g	25.87		0	FLA	4		7.33	16.82	13.71
Starch.....g									
Minerals:									
Calcium, Ca.....mg	94	19.147	7		1		27	61	50
Iron, Fe.....mg	1.80		1		1		0.51	1.17	0.95
Magnesium, Mg.....mg	32	1.540	7		1		9	21	17
Phosphorus, P.....mg	110	5.450	7		1		31	72	58
Potassium, K.....mg	95		1		1		27	62	50
Sodium, Na.....mg	298		0	LC	8		84	194	158
Zinc, Zn.....mg	0.87	0.060	6		1		0.25	0.57	0.46
Copper, Cu.....mg	0.195	0.005	6		1		0.055	0.127	0.103
Manganese, Mn.....mg	0.845	0.049	6		1		0.240	0.549	0.448
Selenium, Se.....µg	14.2		0	FLA	4		4.0	9.2	7.5
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.7	0.044	6		1		0.5	1.1	0.9
Thiamin.....mg	0.220		1		1		0.062	0.143	0.117
Riboflavin.....mg	0.240		1		1		0.068	0.156	0.127
Niacin.....mg	2.300		1		1		0.652	1.495	1.219
Pantothenic acid.....mg	0.702		0	FLA	4		0.199	0.456	0.372
Vitamin B-6.....mg	0.104		0	FLA	4		0.029	0.068	0.055
Folate, total.....µg	83		0	FLA	4		24	54	44
Folic acid.....µg	56		0	NC	4		16	36	30
Folate, food.....µg	27		0		4		8	18	14
Folate, DFE.....mcg_DFE	122		0	NC	4		35	79	65
Choline, total.....mg	21.8		0	BFZN	4		6.2	14.2	11.6
Betaine.....mg									
Vitamin B-12.....µg	0.21		0	FLA	4		0.06	0.14	0.11
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	9		0	NC	4		3	6	5
Retinol.....µg	9		0	FLA	4		2	6	5
Carotene, beta.....µg	4		0	FLA	4		1	2	2
Carotene, alpha.....µg	1		0	FLA	4		0	0	0
Cryptoxanthin, beta.....µg	1		0	FLA	4		0	1	0
Vitamin A, IU.....IU	36		0	NC	4		10	23	19
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	42		0	FLA	4		12	27	22
Vitamin E (alpha-tocopherol).....mg	0.82		0	FLA	4		0.23	0.53	0.44
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	6.6		0	FLA	4		1.9	4.3	3.5
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Danish pastry, nut (includes almond, raisin nut, cinnamon nut)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	5.821		0	FLA	4		1.650	3.784	3.085
4:0.....g	0.001		0	FLA	4		0.000	0.001	0.001
6:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0.....g	0.001		0	FLA	4		0.000	0.001	0.001
12:0.....g	0.002		0	FLA	4		0.001	0.001	0.001
13:0.....g									
14:0.....g	0.119		0	FLA	4		0.034	0.077	0.063
15:0.....g									
16:0.....g	3.128		0	FLA	4		0.887	2.033	1.658
17:0.....g									
18:0.....g	2.552		0	FLA	4		0.723	1.659	1.353
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	13.685		0	FLA	4		3.880	8.895	7.253
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.083		0	FLA	4		0.024	0.054	0.044
17:1.....g									
18:1 undifferentiated.....g	13.562		0	FLA	4		3.845	8.815	7.188
20:1.....g	0.024		0	FLA	4		0.007	0.016	0.013
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.281		0	FLA	4		1.214	2.783	2.269
18:2 undifferentiated.....g	3.903		0	FLA	4		1.107	2.537	2.069
18:3 undifferentiated.....g	0.342		0	FLA	4		0.097	0.222	0.181
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.014		0	FLA	4		0.004	0.009	0.007
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.003		0	FLA	4		0.001	0.002	0.002
Fatty acids, total trans.....g									
Cholesterol.....mg	46		1		1		13	30	24
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.088		0		1		0.025	0.057	0.047
Threonine.....g	0.238		0		1		0.067	0.155	0.126
Isoleucine.....g	0.305		0		1		0.086	0.198	0.162
Leucine.....g	0.529		0		1		0.150	0.344	0.280
Lysine.....g	0.271		0		1		0.077	0.176	0.144
Methionine.....g	0.139		0		1		0.039	0.090	0.074
Cystine.....g	0.139		0		1		0.039	0.090	0.074
Phenylalanine.....g	0.337		0		1		0.096	0.219	0.179
Tyrosine.....g	0.235		0		1		0.067	0.153	0.125
Valine.....g	0.348		0		1		0.099	0.226	0.184
Arginine.....g	0.430		0		1		0.122	0.280	0.228
Histidine.....g	0.166		0		1		0.047	0.108	0.088
Alanine.....g	0.268		0		1		0.076	0.174	0.142
Aspartic acid.....g	0.479		0		1		0.136	0.311	0.254
Glutamic acid.....g	1.895		0		1		0.537	1.232	1.004
Glycine.....g	0.261		0		1		0.074	0.170	0.138
Proline.....g	0.614		0		1		0.174	0.399	0.325
Serine.....g	0.369		0		1		0.105	0.240	0.196
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18247

Danish pastry, nut (includes almond, raisin nut, cinnamon nut)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 65g: 1 pastry (4-1/4" dia)

Measure 3 = 53g: 1 piece (1/8 of 15 oz ring)

Calories Factors: Protein 3.9

Fat 8.7

Carbohydrate 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18435

Danish pastry, raspberry, unenriched

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	27.10	1.256	18		1		7.68	19.24	
Energy.....kcal	371		0	NC	4		105	263	
Energy.....kJ	1552				4		440	1102	
Protein (N x 5.8).....g	5.40	0.230	18		1		1.53	3.83	
Total lipid (fat).....g	18.50	0.710	15		1		5.24	13.14	
Ash.....g	1.20	0.040	18		1		0.34	0.85	
Carbohydrate, by difference.....g	47.80		0		4		13.55	33.94	
Fiber, total dietary.....g	1.9		0		4		0.5	1.3	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	46	9.200	16		1		13	33	
Iron, Fe.....mg	0.75		0		4		0.21	0.53	
Magnesium, Mg.....mg	15	0.643	15		1		4	11	
Phosphorus, P.....mg	89	8.600	15		1		25	63	
Potassium, K.....mg	83	6.753	11		1		24	59	
Sodium, Na.....mg	354	6.785	16		1		100	251	
Zinc, Zn.....mg	0.54	0.020	6		1		0.15	0.38	
Copper, Cu.....mg	0.065	0.005	6		1		0.018	0.046	
Manganese, Mn.....mg	0.253	0.012	6		1		0.072	0.180	
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	3.9	1.837	15		1		1.1	2.8	
Thiamin.....mg	0.065		0		4		0.018	0.046	
Riboflavin.....mg	0.092		0		4		0.026	0.065	
Niacin.....mg	0.769		0		4		0.218	0.546	
Pantothenic acid.....mg	0.634	0.023	8		1		0.180	0.450	
Vitamin B-6.....mg	0.040		0	BFZN	4		0.011	0.028	
Folate, total.....µg	16	1.032	8		1		5	11	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	16	1.032	8		1		5	11	
Folate, DFE.....mcg_DFE	16		0	NC	4		5	11	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.09		0		4		0.03	0.06	
Vitamin A, RAE.....mcg_RAE	60		0	NC	4		17	43	
Retinol.....µg	60		0	NC	4		17	43	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	200		0		4		57	142	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	2.826		0	BFZN	4		0.801	2.006	
4:0.....g	0.001		0		4		0.000	0.001	

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.001		0		4		0.000	0.001	
12:0.....g	0.001		0		4		0.000	0.001	
13:0.....g									
14:0.....g	0.053		0	BFZN	4		0.015	0.038	
15:0.....g									
16:0.....g	1.527		0	BFZN	4		0.433	1.084	
17:0.....g									
18:0.....g	1.233		0	BFZN	4		0.350	0.875	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.937		0	BFZN	4		1.683	4.215	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.031		0	BFZN	4		0.009	0.022	
17:1.....g									
18:1 undifferentiated.....g	5.903		0	BFZN	4		1.674	4.191	
20:1.....g	0.003		0	BFZN	4		0.001	0.002	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.508		0	BFZN	4		0.428	1.071	
18:2 undifferentiated.....g	1.416		0	BFZN	4		0.401	1.005	
18:3 undifferentiated.....g	0.075		0	BFZN	4		0.021	0.053	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.014		0	BFZN	4		0.004	0.010	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g	0.004		0	BFZN	4		0.001	0.003	
Fatty acids, total trans.....g									
Cholesterol.....mg	40		0	BFZN	4		11	28	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.064		0		4		0.018	0.045	
Threonine.....g	0.171		0		4		0.048	0.121	
Isoleucine.....g	0.224		0		4		0.064	0.159	
Leucine.....g	0.398		0		4		0.113	0.283	
Lysine.....g	0.177		0		4		0.050	0.126	
Methionine.....g	0.110		0		4		0.031	0.078	
Cystine.....g	0.118		0		4		0.033	0.084	
Phenylalanine.....g	0.267		0		4		0.076	0.190	
Tyrosine.....g	0.166		0		4		0.047	0.118	
Valine.....g	0.252		0		4		0.071	0.179	
Arginine.....g	0.209		0		4		0.059	0.148	
Histidine.....g	0.118		0		4		0.033	0.084	
Alanine.....g	0.191		0		4		0.054	0.136	
Aspartic acid.....g	0.300		0		4		0.085	0.213	
Glutamic acid.....g	1.603		0		4		0.454	1.138	
Glycine.....g	0.178		0		4		0.050	0.126	
Proline.....g	0.543		0		4		0.154	0.386	
Serine.....g	0.285		0		4		0.081	0.202	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18435

Danish pastry, raspberry, unenriched

Measure 2 = 71g: 1 pastry (4-1/4" dia)

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18251
Doughnuts, cake-type, chocolate, sugared or glazed

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	16.30		2		1		4.62	9.78	6.85
Energy.....kcal	417		0	NC	4		118	250	175
Energy.....kJ	1745		0		4		495	1047	733
Protein (N x 5.9).....g	4.50		2		1		1.28	2.70	1.89
Total lipid (fat).....g	19.90		2		1		5.64	11.94	8.36
Ash.....g	1.80		2		1		0.51	1.08	0.76
Carbohydrate, by difference.....g	57.40		0	NC	4		16.27	34.44	24.11
Fiber, total dietary.....g	2.2		0		1		0.6	1.3	0.9
Sugars, total.....g	31.92		0	FLA	4		9.05	19.15	13.41
Starch.....g									
Minerals:									
Calcium, Ca.....mg	213		2		1		60	128	89
Iron, Fe.....mg	2.27		2		1		0.64	1.36	0.95
Magnesium, Mg.....mg	34		2		1		10	20	14
Phosphorus, P.....mg	162		2		1		46	97	68
Potassium, K.....mg	106		0	FLA	4		30	64	45
Sodium, Na.....mg	397		0	LC	8		113	238	167
Zinc, Zn.....mg	0.57		2		1		0.16	0.34	0.24
Copper, Cu.....mg	0.191		2		1		0.054	0.115	0.080
Manganese, Mn.....mg	0.370		2		1		0.105	0.222	0.155
Selenium, Se.....µg	4.1		0	FLA	4		1.2	2.5	1.7
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	FLA	4		0.0	0.1	0.0
Thiamin.....mg	0.045		2		1		0.013	0.027	0.019
Riboflavin.....mg	0.070		2		1		0.020	0.042	0.029
Niacin.....mg	0.470		2		1		0.133	0.282	0.197
Pantothenic acid.....mg	0.342		0		4		0.097	0.205	0.144
Vitamin B-6.....mg	0.027		0	FLA	4		0.008	0.016	0.011
Folate, total.....µg	45		0	FLA	4		13	27	19
Folic acid.....µg	28		0		4		8	17	12
Folate, food.....µg	17		0		4		5	10	7
Folate, DFE.....mcg_DFE	65		0	NC	4		18	39	27
Choline, total.....mg	29.1		0	BFZN	4		8.2	17.4	12.2
Betaine.....mg									
Vitamin B-12.....µg	0.10		0	FLA	4		0.03	0.06	0.04
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	12		0	NC	4		3	7	5
Retinol.....µg	11		0	FLA	4		3	7	5
Carotene, beta.....µg	2		0	FLA	4		0	1	1
Carotene, alpha.....µg	1		0	FLA	4		0	0	0
Cryptoxanthin, beta.....µg	1		0	FLA	4		0	0	0
Vitamin A, IU.....IU	39		0	FLA	4		11	23	16
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	20		0	FLA	4		6	12	9
Vitamin E (alpha-tocopherol).....mg	0.21		0	FLA	4		0.06	0.13	0.09
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	9.8		2		1		2.8	5.9	4.1
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Doughnuts, cake-type, chocolate, sugared or glazed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	5.132		0	FLA	4		1.455	3.079	2.155
4:0.....g	0.001		0	FLA	4		0.000	0.001	0.000
6:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0.....g	0.001		0	FLA	4		0.000	0.001	0.000
12:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.099		0	FLA	4		0.028	0.059	0.042
15:0.....g									
16:0.....g	2.649		0	FLA	4		0.751	1.589	1.113
17:0.....g									
18:0.....g	2.376		0	FLA	4		0.674	1.426	0.998
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	11.278		0	FLA	4		3.197	6.767	4.737
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.013		0	FLA	4		0.004	0.008	0.005
17:1.....g									
18:1 undifferentiated.....g	11.263		0	FLA	4		3.193	6.758	4.730
20:1.....g	0.001		0	FLA	4		0.000	0.001	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.477		0	FLA	4		0.702	1.486	1.040
18:2 undifferentiated.....g	2.343		0	FLA	4		0.664	1.406	0.984
18:3 undifferentiated.....g	0.123		0	FLA	4		0.035	0.074	0.052
18:4.....g	0.001		0	FLA	4		0.000	0.001	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.007		0	FLA	4		0.002	0.004	0.003
20:5 n-3 (EPA).....g	0.002		0	FLA	4		0.001	0.001	0.001
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.002		0	FLA	4		0.001	0.001	0.001
Fatty acids, total trans.....g									
Cholesterol.....mg	57		0		4		16	34	24
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.058		0		1		0.016	0.035	0.024
Threonine.....g	0.170		0		1		0.048	0.102	0.071
Isoleucine.....g	0.205		0		1		0.058	0.123	0.086
Leucine.....g	0.339		0		1		0.096	0.203	0.142
Lysine.....g	0.234		0		1		0.066	0.140	0.098
Methionine.....g	0.096		0		1		0.027	0.058	0.040
Cystine.....g	0.091		0		1		0.026	0.055	0.038
Phenylalanine.....g	0.224		0		1		0.064	0.134	0.094
Tyrosine.....g	0.156		0		1		0.044	0.094	0.066
Valine.....g	0.234		0		1		0.066	0.140	0.098
Arginine.....g	0.227		0		1		0.064	0.136	0.095
Histidine.....g	0.100		0		1		0.028	0.060	0.042
Alanine.....g	0.190		0		1		0.054	0.114	0.080
Aspartic acid.....g	0.352		0		1		0.100	0.211	0.148
Glutamic acid.....g	0.998		0		1		0.283	0.599	0.419
Glycine.....g	0.159		0		1		0.045	0.095	0.067
Proline.....g	0.327		0		1		0.093	0.196	0.137
Serine.....g	0.263		0		1		0.075	0.158	0.110
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	1		0	FLA	4		0	1	0
Theobromine.....mg	21		0	FLA	4		6	13	9

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18251

Doughnuts, cake-type, chocolate, sugared or glazed

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 60g: 1 doughnut (3-3/4" dia)

Measure 3 = 42g: 1 doughnut, medium (approx 3" dia)

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18248

Doughnuts, cake-type, plain (includes unsugared, old-fashioned)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	22.88		1	A	1		6.49	11.90	11.90
Energy.....kcal	418		0	NC	4		118	217	217
Energy.....kJ	1749		0	NC	4		496	909	909
Protein (N x 6.25).....g	5.87		1	A	1		1.66	3.05	3.05
Total lipid (fat).....g	23.55		1	A	1		6.68	12.25	12.25
Ash.....g	2.07		1	A	1		0.59	1.08	1.08
Carbohydrate, by difference.....g	45.63		0	NC	4		12.94	23.73	23.73
Fiber, total dietary.....g	1.6		1	A	1		0.4	0.8	0.8
Sugars, total.....g	16.28		1	A	1		4.62	8.47	8.47
Starch.....g									
Minerals:									
Calcium, Ca.....mg	25		1	A	1		7	13	13
Iron, Fe.....mg	3.00		1	A	1		0.85	1.56	1.56
Magnesium, Mg.....mg	16		1	A	1		5	8	8
Phosphorus, P.....mg	261		1	A	1		74	136	136
Potassium, K.....mg	113		1	A	1		32	59	59
Sodium, Na.....mg	557		1	A	1		158	290	290
Zinc, Zn.....mg	0.68		1	A	1		0.19	0.35	0.35
Copper, Cu.....mg	0.073		1	A	1		0.021	0.038	0.038
Manganese, Mn.....mg	0.290		1	A	1		0.082	0.151	0.151
Selenium, Se.....µg	10.3		1	A	1		2.9	5.4	5.4
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.3		1	A	1		0.4	0.7	0.7
Thiamin.....mg	0.237		1	A	1		0.067	0.123	0.123
Riboflavin.....mg	0.150		1	A	1		0.043	0.078	0.078
Niacin.....mg	1.970		1	A	1		0.558	1.024	1.024
Pantothenic acid.....mg	0.203		1	A	1		0.058	0.106	0.106
Vitamin B-6.....mg	0.029		1	A	1		0.008	0.015	0.015
Folate, total.....µg	80		1	A	1		23	42	42
Folic acid.....µg	50		1	A	1		14	26	26
Folate, food.....µg	30		0	AS	1		9	16	16
Folate, DFE.....mcg_DFE	115		0	NC	4		33	60	60
Choline, total.....mg	37.3		0	AS	1		10.6	19.4	19.4
Betaine.....mg									
Vitamin B-12.....µg	0.07		0	FLA	4		0.02	0.04	0.04
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	3		0	FLA	4		1	2	2
Retinol.....µg	3		0	FLA	4		1	2	2
Carotene, beta.....µg	1		0	FLA	4		0	0	0
Carotene, alpha.....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	0
Vitamin A, IU.....IU	11		0	FLA	4		3	6	6
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	13		0	FLA	4		4	7	7
Vitamin E (alpha-tocopherol).....mg	1.89		0	FLA	4		0.53	0.98	0.98
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	10.4		1	A	1		3.0	5.4	5.4
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 18248

Doughnuts, cake-type, plain (includes unsugared, old-fashioned)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Fatty acids, total saturated.....g	7.127		0	NC	4	2.021	3.706	3.706
4:0.....g	0.000		1	A	1	0.000	0.000	0.000
6:0.....g	0.000		1	A	1	0.000	0.000	0.000
8:0.....g	0.000		1	A	1	0.000	0.000	0.000
10:0.....g	0.000		1	A	1	0.000	0.000	0.000
12:0.....g	0.000		1	A	1	0.000	0.000	0.000
13:0.....g	0.000		1	A	1	0.000	0.000	0.000
14:0.....g	0.201		1	A	1	0.057	0.104	0.104
15:0.....g	0.045		1	A	1	0.013	0.023	0.023
16:0.....g	3.748		1	A	1	1.062	1.949	1.949
17:0.....g	0.090		1	A	1	0.025	0.047	0.047
18:0.....g	2.863		1	A	1	0.812	1.489	1.489
20:0.....g	0.113		1	A	1	0.032	0.059	0.059
22:0.....g	0.068		1	A	1	0.019	0.035	0.035
24:0.....g	0.000		1	A	1	0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	12.732		0	NC	4	3.610	6.621	6.621
14:1.....g	0.045		1	A	1	0.013	0.023	0.023
15:1.....g	0.000		1	A	1	0.000	0.000	0.000
16:1 undifferentiated.....g	0.157		1	A	1	0.045	0.082	0.082
17:1.....g	0.045		1	A	1	0.013	0.023	0.023
18:1 undifferentiated.....g	12.486		0		4	3.540	6.493	6.493
18:1 c.....g	12.486		1	A	1	3.540	6.493	6.493
18:1-11c (18:1c n-7).....g								
18:1 t.....g	0.000		1	A	1	0.000	0.000	0.000
18:1-11t (18:1t n-7).....g								
20:1.....g	0.000		1	A	1	0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		1	A	1	0.000	0.000	0.000
24:1 c.....g	0.000		1	A	1	0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	2.659		0	NC	4	0.754	1.382	1.382
18:2 undifferentiated.....g	2.456		1	A	1	0.696	1.277	1.277
18:3 undifferentiated.....g	0.203		0		4	0.057	0.105	0.105
18:3 n-3 c,c,c (ALA).....g	0.203		1	A	1	0.057	0.105	0.105
18:3 n-6 c,c,c.....g	0.000		1	A	1	0.000	0.000	0.000
18:3i.....g								
18:4.....g	0.000		0	FLA	4	0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		1	A	1	0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		1	A	1	0.000	0.000	0.000
20:3 n-3.....g								
20:3 n-6.....g								
20:4 undifferentiated.....g	0.000		1	A	1	0.000	0.000	0.000
20:4 n-3.....g								
20:4 n-6.....g								
20:5 n-3 (EPA).....g	0.000		1	A	1	0.000	0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0	FLA	4	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		1	A	1	0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	9		0	FLA	4	2	4	4
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.066		0	FLA	4	0.019	0.034	0.034
Threonine.....g	0.173		0	FLA	4	0.049	0.090	0.090
Isoleucine.....g	0.203		0	FLA	4	0.058	0.106	0.106
Leucine.....g	0.370		0	FLA	4	0.105	0.192	0.192
Lysine.....g	0.207		0	FLA	4	0.059	0.108	0.108
Methionine.....g	0.085		0	FLA	4	0.024	0.044	0.044
Cystine.....g	0.120		0	FLA	4	0.034	0.062	0.062
Phenylalanine.....g	0.228		0	FLA	4	0.065	0.118	0.118
Tyrosine.....g	0.105		0	FLA	4	0.030	0.055	0.055
Valine.....g	0.233		0	FLA	4	0.066	0.121	0.121
Arginine.....g	0.240		0	FLA	4	0.068	0.125	0.125
Histidine.....g	0.114		0	FLA	4	0.032	0.059	0.059

NDB No. 18248

Doughnuts, cake-type, plain (includes unsugared, old-fashioned)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Alanine.....g	0.185		0	FLA	4	0.052	0.096	0.096
Aspartic acid.....g	0.328		0	FLA	4	0.093	0.171	0.171
Glutamic acid.....g	1.414		0	FLA	4	0.401	0.735	0.735
Glycine.....g	0.186		0	FLA	4	0.053	0.097	0.097
Proline.....g	0.476		0	FLA	4	0.135	0.248	0.248
Serine.....g	0.249		0	FLA	4	0.071	0.130	0.130
Hydroxyproline.....g	0.000		1	A	1	0.000	0.000	0.000
Others:								
Alcohol, ethyl.....g	0.0		0	FLA	4	0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4	0	0	0
Theobromine.....mg	0		0	FLA	4	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 52g: 1 doughnut stick

Measure 3 = 52g: 1 doughnut, long type (twist) (4-1/2" long)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18249

Doughnuts, cake-type, plain, chocolate-coated or frosted

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	16.76		2	A	1		4.75	3.02	7.21
Energy.....kcal	452		0	NC	4		128	81	194
Energy.....kJ	1892		0	NC	4		537	341	814
Protein.....g	4.93		2	A	1		1.40	0.89	2.12
Total lipid (fat).....g	25.25		2	A	1		7.16	4.55	10.86
Ash.....g	1.73		2	A	1		0.49	0.31	0.74
Carbohydrate, by difference.....g	51.33		0	NC	4		14.55	9.24	22.07
Fiber, total dietary.....g	1.9		2	A	1		0.5	0.3	0.8
Sugars, total.....g	26.65		2	A	1		7.56	4.80	11.46
Starch.....g									
Minerals:									
Calcium, Ca.....mg	24		2	A	1		7	4	11
Iron, Fe.....mg	4.00		2	A	1		1.13	0.72	1.72
Magnesium, Mg.....mg	30		2	A	1		9	5	13
Phosphorus, P.....mg	210		2	A	1		60	38	90
Potassium, K.....mg	201		2	A	1		57	36	86
Sodium, Na.....mg	326		0	LC	8		92	59	140
Zinc, Zn.....mg	0.98		2	A	1		0.28	0.18	0.42
Copper, Cu.....mg	0.260		2	A	1		0.074	0.047	0.112
Manganese, Mn.....mg	0.640		2	A	1		0.181	0.115	0.275
Selenium, Se.....µg	6.8		2	A	1		1.9	1.2	2.9
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.3		2	A	1		0.4	0.2	0.6
Thiamin.....mg	0.163		2	A	1		0.046	0.029	0.070
Riboflavin.....mg	0.125		2	A	1		0.035	0.022	0.054
Niacin.....mg	1.590		2	A	1		0.451	0.286	0.684
Pantothenic acid.....mg	0.126		2	A	1		0.036	0.023	0.054
Vitamin B-6.....mg	0.024		2	A	1		0.007	0.004	0.010
Folate, total.....µg	65		2	A	1		18	12	28
Folic acid.....µg	37		2	A	1		10	7	16
Folate, food.....µg	28		0	AS	1		8	5	12
Folate, DFE.....mcg_DFE	90		0	NC	4		26	16	39
Choline, total.....mg	29.1		0	AS	1		8.2	5.2	12.5
Betaine.....mg									
Vitamin B-12.....µg	0.10		0	FLA	4		0.03	0.02	0.04
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	4		0	FLA	4		1	1	2
Retinol.....µg	3		0	FLA	4		1	1	1
Carotene, beta.....µg	2		0	FLA	4		1	0	1
Carotene, alpha.....µg	1		0	FLA	4		0	0	0
Cryptoxanthin, beta.....µg	1		0	FLA	4		0	0	0
Vitamin A, IU.....IU	16		0	FLA	4		4	3	7
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	24		0	FLA	4		7	4	10
Vitamin E (alpha-tocopherol).....mg	2.02		0	FLA	4		0.57	0.36	0.87
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	7.9		2	A	1		2.2	1.4	3.4
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Doughnuts, cake-type, plain, chocolate-coated or frosted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	13.470		0	NC	4				
4:0.....g	0.000		2	A	1	0.000	0.000	0.000	
6:0.....g	0.025		2	A	1	0.007	0.005	0.011	
8:0.....g	0.379		2	A	1	0.107	0.068	0.163	
10:0.....g	0.294		2	A	1	0.083	0.053	0.127	
12:0.....g	3.710		2	A	1	1.052	0.668	1.595	
13:0.....g	0.000		2	A	1	0.000	0.000	0.000	
14:0.....g	1.358		2	A	1	0.385	0.244	0.584	
15:0.....g	0.027		2	A	1	0.008	0.005	0.012	
16:0.....g	3.675		2	A	1	1.042	0.662	1.580	
17:0.....g	0.099		2	A	1	0.028	0.018	0.043	
18:0.....g	3.792		2	A	1	1.075	0.683	1.631	
20:0.....g	0.078		2	A	1	0.022	0.014	0.033	
22:0.....g	0.032		2	A	1	0.009	0.006	0.014	
24:0.....g	0.000		2	A	1	0.000	0.000	0.000	
Fatty acids, total monounsaturated.....g	8.618		0	NC	4	2.443	1.551	3.706	
14:1.....g	0.051		2	A	1	0.014	0.009	0.022	
15:1.....g	0.000		2	A	1	0.000	0.000	0.000	
16:1 undifferentiated.....g	0.164		2	A	1	0.046	0.029	0.070	
17:1.....g	0.051		2	A	1	0.014	0.009	0.022	
18:1 undifferentiated.....g	8.352		0	AS	1	2.368	1.503	3.592	
18:1 c.....g	8.352		2	A	1	2.368	1.503	3.592	
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.000		2	A	1	0.000	0.000	0.000	
18:1-11t (18:1t n-7).....g									
20:1.....g	0.000		2	A	1	0.000	0.000	0.000	
22:1 undifferentiated.....g	0.000		2	A	1	0.000	0.000	0.000	
24:1 c.....g	0.000		2	A	1	0.000	0.000	0.000	
Fatty acids, total polyunsaturated.....g	1.960		0	NC	4	0.556	0.353	0.843	
18:2 undifferentiated.....g	1.794		2	A	1	0.509	0.323	0.771	
18:3 undifferentiated.....g	0.166		0	AS	1	0.047	0.030	0.071	
18:3 n-3 c,c,c (ALA).....g	0.166		2	A	1	0.047	0.030	0.071	
18:3 n-6 c,c,c.....g	0.000		2	A	1	0.000	0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	FLA	4	0.000	0.000	0.000	
20:2 n-6 c,c.....g	0.000		2	A	1	0.000	0.000	0.000	
20:3 undifferentiated.....g	0.000		2	A	1	0.000	0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		2	A	1	0.000	0.000	0.000	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		2	A	1	0.000	0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4	0.000	0.000	0.000	
22:6 n-3 (DHA).....g	0.000		2	A	1	0.000	0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	19		0	FLA	4	5	3	8	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.061		0	FLA	4	0.017	0.011	0.026	
Threonine.....g	0.170		0	FLA	4	0.048	0.031	0.073	
Isoleucine.....g	0.208		0	FLA	4	0.059	0.037	0.089	
Leucine.....g	0.366		0	FLA	4	0.104	0.066	0.157	
Lysine.....g	0.231		0	FLA	4	0.065	0.042	0.099	
Methionine.....g	0.079		0	FLA	4	0.022	0.014	0.034	
Cystine.....g	0.098		0	FLA	4	0.028	0.018	0.042	
Phenylalanine.....g	0.223		0	FLA	4	0.063	0.040	0.096	
Tyrosine.....g	0.130		0	FLA	4	0.037	0.023	0.056	
Valine.....g	0.240		0	FLA	4	0.068	0.043	0.103	
Arginine.....g	0.232		0	FLA	4	0.066	0.042	0.100	
Histidine.....g	0.111		0	FLA	4	0.031	0.020	0.048	

NDB No. 18249

Doughnuts, cake-type, plain, chocolate-coated or frosted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alanine.....g	0.177		0	FLA	4		0.050	0.032	0.076
Aspartic acid.....g	0.343		0	FLA	4		0.097	0.062	0.147
Glutamic acid.....g	1.230		0	FLA	4		0.349	0.221	0.529
Glycine.....g	0.171		0	FLA	4		0.048	0.031	0.074
Proline.....g	0.427		0	FLA	4		0.121	0.077	0.184
Serine.....g	0.244		0	FLA	4		0.069	0.044	0.105
Hydroxyproline.....g	0.000		2	A	1		0.000	0.000	0.000
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	2		0	FLA	4		0	0	1
Theobromine.....mg	53		0	FLA	4		15	9	23

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 18g: 1 donettes (2" dia)

Measure 3 = 43g: 1 doughnut, medium (approx 3" dia)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18250

Doughnuts, cake-type, plain, sugared or glazed

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	19.60	0.398	21		1		5.56	8.82	
Energy.....kcal	426		0	NC	4		121	192	
Energy.....kJ	1782				4		505	802	
Protein (N x 5.9).....g	5.20	0.332	15		1		1.47	2.34	
Total lipid (fat).....g	22.90	0.905	20		1		6.49	10.31	
Ash.....g	1.50	0.056	13		1		0.43	0.68	
Carbohydrate, by difference.....g	50.80		0	NC	4		14.40	22.86	
Fiber, total dietary.....g	1.5		0		4		0.4	0.7	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	60	12.663	15		1		17	27	
Iron, Fe.....mg	1.06	0.072	11		1		0.30	0.48	
Magnesium, Mg.....mg	17	0.517	7		1		5	8	
Phosphorus, P.....mg	117	19.229	6		1		33	53	
Potassium, K.....mg	102	5.941	6		1		29	46	
Sodium, Na.....mg	402	22.793	19		1		114	181	
Zinc, Zn.....mg	0.44	0.028	7		1		0.12	0.20	
Copper, Cu.....mg	0.101	0.010	7		1		0.029	0.045	
Manganese, Mn.....mg	0.334	0.016	3		1		0.095	0.150	
Selenium, Se.....µg	9.6		0	FLA	4		2.7	4.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.233	0.038	12		1		0.066	0.105	
Riboflavin.....mg	0.198	0.032	13		1		0.056	0.089	
Niacin.....mg	1.512	0.067	12		1		0.429	0.680	
Pantothenic acid.....mg	0.435		0	FLA	4		0.123	0.196	
Vitamin B-6.....mg	0.027		1		1		0.008	0.012	
Folate, total.....µg	46		0	FLA	4		13	21	
Folic acid.....µg	34		0	NC	4		10	15	
Folate, food.....µg	12		0		4		3	5	
Folate, DFE.....mcg_DFE	70		0	NC	4		20	31	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.24		0	FLA	4		0.07	0.11	
Vitamin A, RAE.....mcg_RAE	3		0	NC	4		1	1	
Retinol.....µg	3		0	NC	4		1	1	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	10		2		1		3	5	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	5.926		0	FLA	4		1.680	2.667	
4:0.....g	0.001		0	FLA	4		0.000	0.000	

NDB No. 18250

Doughnuts, cake-type, plain, sugared or glazed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.001		0	FLA	4		0.000	0.000	
10:0.....g	0.001		0	FLA	4		0.000	0.000	
12:0.....g	0.001		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.112		0	FLA	4		0.032	0.050	
15:0.....g									
16:0.....g	3.153		0	FLA	4		0.894	1.419	
17:0.....g									
18:0.....g	2.643		0	FLA	4		0.749	1.189	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	12.697		0	FLA	4		3.600	5.714	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.057		0	FLA	4		0.016	0.026	
17:1.....g									
18:1 undifferentiated.....g	12.632		0	FLA	4		3.581	5.684	
20:1.....g	0.005		0	FLA	4		0.001	0.002	
22:1 undifferentiated.....g	0.001		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.909		0	FLA	4		0.825	1.309	
18:2 undifferentiated.....g	2.735		0	FLA	4		0.775	1.231	
18:3 undifferentiated.....g	0.141		0	FLA	4		0.040	0.063	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.026		0	FLA	4		0.007	0.012	
20:5 n-3 (EPA).....g	0.001		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.007		0	FLA	4		0.002	0.003	
Fatty acids, total trans.....g									
Cholesterol.....mg	32	4.623	15		1		9	14	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.069		0		1		0.020	0.031	
Threonine.....g	0.189		0		1		0.054	0.085	
Isoleucine.....g	0.231		0		1		0.065	0.104	
Leucine.....g	0.405		0		1		0.115	0.182	
Lysine.....g	0.256		0		1		0.073	0.115	
Methionine.....g	0.105		0		1		0.030	0.047	
Cystine.....g	0.100		0		1		0.028	0.045	
Phenylalanine.....g	0.244		0		1		0.069	0.110	
Tyrosine.....g	0.183		0		1		0.052	0.082	
Valine.....g	0.261		0		1		0.074	0.117	
Arginine.....g	0.238		0		1		0.067	0.107	
Histidine.....g	0.120		0		1		0.034	0.054	
Alanine.....g	0.189		0		1		0.054	0.085	
Aspartic acid.....g	0.316		0		1		0.090	0.142	
Glutamic acid.....g	1.392		0		1		0.395	0.626	
Glycine.....g	0.164		0		1		0.046	0.074	
Proline.....g	0.488		0		1		0.138	0.220	
Serine.....g	0.314		0		1		0.089	0.141	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18250

Doughnuts, cake-type, plain, sugared or glazed

Measure 2 = 45g: 1 doughnut, medium (approx 3" dia)

Calories Factors: Protein 4.2

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18252
Doughnuts, cake-type, wheat, sugared or glazed

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	29.80		1		1		8.45	8.34	13.41
Energy.....kcal	360		0	NC	4		102	101	162
Energy.....kJ	1506		0		4		427	422	678
Protein (N x 5.9).....g	6.30		1		1		1.79	1.76	2.84
Total lipid (fat).....g	19.30		1		1		5.47	5.40	8.69
Ash.....g	2.10		1		1		0.60	0.59	0.95
Carbohydrate, by difference.....g	42.60		0	NC	4		12.08	11.93	19.17
Fiber, total dietary.....g	2.2		0		4		0.6	0.6	1.0
Sugars, total.....g	21.58		0	FLA	4		6.12	6.04	9.71
Starch.....g									
Minerals:									
Calcium, Ca.....mg	49		1		1		14	14	22
Iron, Fe.....mg	1.10		1		1		0.31	0.31	0.50
Magnesium, Mg.....mg	22		1		1		6	6	10
Phosphorus, P.....mg	104		1		1		29	29	47
Potassium, K.....mg	148		1		1		42	41	67
Sodium, Na.....mg	427		0	LC	8		121	120	192
Zinc, Zn.....mg	0.68		1		1		0.19	0.19	0.31
Copper, Cu.....mg	0.110		1		1		0.031	0.031	0.050
Manganese, Mn.....mg	0.864		0	FLA	4		0.245	0.242	0.389
Selenium, Se.....µg	19.4		0	FLA	4		5.5	5.4	8.7
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		0	FLA	4		0.1	0.1	0.1
Thiamin.....mg	0.220		1		1		0.062	0.062	0.099
Riboflavin.....mg	0.243		1		1		0.069	0.068	0.109
Niacin.....mg	1.852		1		1		0.525	0.519	0.833
Pantothenic acid.....mg	0.439		0	FLA	4		0.124	0.123	0.198
Vitamin B-6.....mg	0.097		0	FLA	4		0.027	0.027	0.044
Folate, total.....µg	20		0	FLA	4		6	6	9
Folic acid.....µg	5		0	NC	4		1	1	2
Folate, food.....µg	15		0		4		4	4	7
Folate, DFE.....mcg_DFE	24		0	NC	4		7	7	11
Choline, total.....mg	37.3		0	BFZN	4		10.6	10.5	16.8
Betaine.....mg									
Vitamin B-12.....µg	0.17		0	FLA	4		0.05	0.05	0.08
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	3		0	NC	4		1	1	1
Retinol.....µg	3		0	FLA	4		1	1	1
Carotene, beta.....µg	1		0	FLA	4		0	0	1
Carotene, alpha.....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	0
Vitamin A, IU.....IU	12		0	NC	4		3	3	5
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	47		0	FLA	4		13	13	21
Vitamin E (alpha-tocopherol).....mg	1.70		0	FLA	4		0.48	0.48	0.77
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	9.8		2		1		2.8	2.7	4.4
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Doughnuts, cake-type, wheat, sugared or glazed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points					
Fatty acids, total saturated.....g	3.023		0	FLA	4	0.857	0.846	1.360
4:0.....g	0.001		0	FLA	4	0.000	0.000	0.000
6:0.....g	0.000		0	FLA	4	0.000	0.000	0.000
8:0.....g	0.004		0	FLA	4	0.001	0.001	0.002
10:0.....g	0.001		0	FLA	4	0.000	0.000	0.000
12:0.....g	0.001		0	FLA	4	0.000	0.000	0.000
13:0.....g								
14:0.....g	0.023		0	FLA	4	0.007	0.006	0.010
15:0.....g								
16:0.....g	2.018		0	FLA	4	0.572	0.565	0.908
17:0.....g								
18:0.....g	0.968		0	FLA	4	0.274	0.271	0.436
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	8.101		0	FLA	4	2.297	2.268	3.645
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.100		0	FLA	4	0.028	0.028	0.045
17:1.....g								
18:1 undifferentiated.....g	7.980		0	FLA	4	2.262	2.234	3.591
20:1.....g	0.002		0	FLA	4	0.001	0.001	0.001
22:1 undifferentiated.....g	0.000		0	FLA	4	0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	7.077		0	FLA	4	2.006	1.982	3.185
18:2 undifferentiated.....g	6.563		0	FLA	4	1.861	1.838	2.953
18:3 undifferentiated.....g	0.481		0	FLA	4	0.136	0.135	0.216
18:4.....g	0.000		0	FLA	4	0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.012		0	FLA	4	0.003	0.003	0.005
20:5 n-3 (EPA).....g	0.000		0	FLA	4	0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0	FLA	4	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.003		0	FLA	4	0.001	0.001	0.001
Fatty acids, total trans.....g								
Cholesterol.....mg	20		1		1	6	6	9
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.088		0		1	0.025	0.025	0.040
Threonine.....g	0.218		0		1	0.062	0.061	0.098
Isoleucine.....g	0.273		0		1	0.077	0.076	0.123
Leucine.....g	0.478		0		1	0.136	0.134	0.215
Lysine.....g	0.284		0		1	0.081	0.080	0.128
Methionine.....g	0.114		0		1	0.032	0.032	0.051
Cystine.....g	0.120		0		1	0.034	0.034	0.054
Phenylalanine.....g	0.296		0		1	0.084	0.083	0.133
Tyrosine.....g	0.214		0		1	0.061	0.060	0.096
Valine.....g	0.311		0		1	0.088	0.087	0.140
Arginine.....g	0.294		0		1	0.083	0.082	0.132
Histidine.....g	0.148		0		1	0.042	0.041	0.067
Alanine.....g	0.226		0		1	0.064	0.063	0.102
Aspartic acid.....g	0.395		0		1	0.112	0.111	0.178
Glutamic acid.....g	1.709		0		1	0.485	0.479	0.769
Glycine.....g	0.215		0		1	0.061	0.060	0.097
Proline.....g	0.598		0		1	0.170	0.167	0.269
Serine.....g	0.340		0		1	0.096	0.095	0.153
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4	0	0	0
Theobromine.....mg	0		0	FLA	4	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18252

Doughnuts, cake-type, wheat, sugared or glazed

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 28g: 1 doughnut (2" dia)

Measure 3 = 45g: 1 doughnut, medium (approx 3" dia)

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18253

Doughnuts, french crullers, glazed

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	17.90		1		1		5.07	7.34	
Energy.....kcal	412		0	NC	4		117	169	
Energy.....kJ	1724		0		4		489	707	
Protein (N x 5.8).....g	3.10		1		1		0.88	1.27	
Total lipid (fat).....g	18.30		1		1		5.19	7.50	
Ash.....g	1.10		1		1		0.31	0.45	
Carbohydrate, by difference.....g	59.50		0		4		16.87	24.40	
Fiber, total dietary.....g	1.2		0		4		0.3	0.5	
Sugars, total.....g	35.11		0	FLA	4		9.95	14.39	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	26		1		1		7	11	
Iron, Fe.....mg	2.42		0	FLA	4		0.69	0.99	
Magnesium, Mg.....mg	12		1		1		3	5	
Phosphorus, P.....mg	123		1		1		35	50	
Potassium, K.....mg	78		1		1		22	32	
Sodium, Na.....mg	345		1		1		98	141	
Zinc, Zn.....mg	0.26		1		1		0.07	0.11	
Copper, Cu.....mg	0.070		1		1		0.020	0.029	
Manganese, Mn.....mg	0.215		0	FLA	4		0.061	0.088	
Selenium, Se.....µg	2.2		0	FLA	4		0.6	0.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.181		1		1		0.051	0.074	
Riboflavin.....mg	0.230		1		1		0.065	0.094	
Niacin.....mg	2.130		0	FLA	4		0.604	0.873	
Pantothenic acid.....mg	0.216		0	FLA	4		0.061	0.089	
Vitamin B-6.....mg	0.020		0	FLA	4		0.006	0.008	
Folate, total.....µg	42		0	FLA	4		12	17	
Folic acid.....µg	34		0		4		10	14	
Folate, food.....µg	8		0		4		2	3	
Folate, DFE.....mcg_DFE	66		0	NC	4		19	27	
Choline, total.....mg	29.1		0	BFZN	4		8.2	11.9	
Betaine.....mg									
Vitamin B-12.....µg	0.05		0	FLA	4		0.01	0.02	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	2		0	NC	4		1	1	
Retinol.....µg	2		0	FLA	4		1	1	
Carotene, beta.....µg	1		0	FLA	4		0	0	
Carotene, alpha.....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	8		0	FLA	4		2	3	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	6		0	FLA	4		2	3	
Vitamin E (alpha-tocopherol).....mg	0.16		0	FLA	4		0.05	0.07	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	8.0		0	FLA	4		2.3	3.3	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Doughnuts, french crullers, glazed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	4.667		0	FLA	4		1.323	1.913	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.091		0	FLA	4		0.026	0.037	
15:0.....g									
16:0.....g	2.395		0	FLA	4		0.679	0.982	
17:0.....g									
18:0.....g	2.176		0	FLA	4		0.617	0.892	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	10.446		0	FLA	4		2.961	4.283	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006		0	FLA	4		0.002	0.002	
17:1.....g									
18:1 undifferentiated.....g	10.440		0	FLA	4		2.960	4.280	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.285		0	FLA	4		0.648	0.937	
18:2 undifferentiated.....g	2.167		0	FLA	4		0.614	0.888	
18:3 undifferentiated.....g	0.115		0	FLA	4		0.033	0.047	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0	FLA	4		0.001	0.001	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.001		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	11		1		1		3	5	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.045		0		4		0.013	0.018	
Threonine.....g	0.106		0		4		0.030	0.043	
Isoleucine.....g	0.132		0		4		0.037	0.054	
Leucine.....g	0.232		0		4		0.066	0.095	
Lysine.....g	0.146		0		4		0.041	0.060	
Methionine.....g	0.055		0		4		0.016	0.023	
Cystine.....g	0.060		0		4		0.017	0.025	
Phenylalanine.....g	0.147		0		4		0.042	0.060	
Tyrosine.....g	0.101		0		4		0.029	0.041	
Valine.....g	0.149		0		4		0.042	0.061	
Arginine.....g	0.137		0		4		0.039	0.056	
Histidine.....g	0.068		0		4		0.019	0.028	
Alanine.....g	0.107		0		4		0.030	0.044	
Aspartic acid.....g	0.189		0		4		0.054	0.077	
Glutamic acid.....g	0.891		0		4		0.253	0.365	
Glycine.....g	0.105		0		4		0.030	0.043	
Proline.....g	0.305		0		4		0.086	0.125	
Serine.....g	0.171		0		4		0.048	0.070	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18253

Doughnuts, french crullers, glazed

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Confidence Code					

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 41g: 1 cruller (3" dia)

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18255

Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)

donut

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	22.60		2	A	1		6.41	2.94	12.65
Energy.....kcal	399		0	NC	4		113	52	224
Energy.....kJ	1671		0	NC	4		474	217	936
Protein.....g	6.21		2	A	1		1.76	0.81	3.48
Total lipid (fat).....g	19.10		2	A	1		5.41	2.48	10.70
Ash.....g	1.46		2	A	1		0.41	0.19	0.81
Carbohydrate, by difference.....g	50.64		0	NC	4		14.36	6.58	28.36
Fiber, total dietary.....g	2.1		2	A	1		0.6	0.3	1.2
Sugars, total.....g	19.52		2	A	1		5.54	2.54	10.93
Starch.....g									
Minerals:									
Calcium, Ca.....mg	46		2	A	1		13	6	26
Iron, Fe.....mg	3.75		2	A	1		1.06	0.49	2.10
Magnesium, Mg.....mg	18		2	A	1		5	2	10
Phosphorus, P.....mg	138		2	A	1		39	18	77
Potassium, K.....mg	100		2	A	1		28	13	56
Sodium, Na.....mg	316		0	LC	8		90	41	177
Zinc, Zn.....mg	1.25		2	A	1		0.35	0.16	0.70
Copper, Cu.....mg	0.095		2	A	1		0.027	0.012	0.053
Manganese, Mn.....mg	0.385		2	A	1		0.109	0.050	0.216
Selenium, Se.....µg	15.7		2	A	1		4.4	2.0	8.8
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.2		2	A	1		0.3	0.1	0.6
Thiamin.....mg	0.312		2	A	1		0.089	0.041	0.175
Riboflavin.....mg	0.185		2	A	1		0.052	0.024	0.104
Niacin.....mg	2.610		2	A	1		0.740	0.339	1.462
Pantothenic acid.....mg	0.214		2	A	1		0.061	0.028	0.120
Vitamin B-6.....mg	0.037		2	A	1		0.011	0.005	0.021
Folate, total.....µg	108		2	A	1		30	14	60
Folic acid.....µg	68		2	A	1		19	9	38
Folate, food.....µg	40		0	AS	1		11	5	22
Folate, DFE.....mcg_DFE	155		0	NC	4		44	20	87
Choline, total.....mg	29.1		0	BFZN	4		8.2	3.8	16.3
Betaine.....mg									
Vitamin B-12.....µg	0.11		0	FLA	4		0.03	0.01	0.06
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	5		0	FLA	4		2	1	3
Retinol.....µg	5		0	FLA	4		1	1	3
Carotene, beta.....µg	3		0	FLA	4		1	0	2
Carotene, alpha.....µg	1		0	FLA	4		0	0	1
Cryptoxanthin, beta.....µg	1		0	FLA	4		0	0	1
Vitamin A, IU.....IU	23		0	FLA	4		7	3	13
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	36		0	FLA	4		10	5	20
Vitamin E (alpha-tocopherol).....mg	1.43		0	FLA	4		0.40	0.19	0.80
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	11.5		2	A	1		3.2	1.5	6.4
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 18255

Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	5.440		0	NC	4				
4:0.....g	0.000		2	A	1	1.542	0.707	3.047	
6:0.....g	0.000		2	A	1	0.000	0.000	0.000	
8:0.....g	0.000		2	A	1	0.000	0.000	0.000	
10:0.....g	0.000		2	A	1	0.000	0.000	0.000	
12:0.....g	0.000		2	A	1	0.000	0.000	0.000	
13:0.....g	0.000		2	A	1	0.000	0.000	0.000	
14:0.....g	0.124		2	A	1	0.035	0.016	0.069	
15:0.....g	0.018		2	A	1	0.005	0.002	0.010	
16:0.....g	2.873		2	A	1	0.814	0.373	1.609	
17:0.....g	0.044		2	A	1	0.013	0.006	0.025	
18:0.....g	2.271		2	A	1	0.644	0.295	1.272	
20:0.....g	0.065		2	A	1	0.018	0.008	0.036	
22:0.....g	0.046		2	A	1	0.013	0.006	0.026	
24:0.....g	0.000		2	A	1	0.000	0.000	0.000	
Fatty acids, total monounsaturated.....g	9.960		0	NC	4	2.824	1.295	5.578	
14:1.....g	0.026		2	A	1	0.007	0.003	0.015	
15:1.....g	0.000		2	A	1	0.000	0.000	0.000	
16:1 undifferentiated.....g	0.080		2	A	1	0.023	0.010	0.045	
17:1.....g	0.027		2	A	1	0.008	0.003	0.015	
18:1 undifferentiated.....g	9.810		0	AS	1	2.781	1.275	5.494	
20:1.....g	0.018		2	A	1	0.005	0.002	0.010	
22:1 undifferentiated.....g	0.000		2	A	1	0.000	0.000	0.000	
24:1 c.....g	0.000		2	A	1	0.000	0.000	0.000	
Fatty acids, total polyunsaturated.....g	2.864		0	NC	4	0.812	0.372	1.604	
18:2 undifferentiated.....g	2.606		2	A	1	0.739	0.339	1.460	
18:3 undifferentiated.....g	0.257		0	AS	1	0.073	0.033	0.144	
18:3 n-3 c,c,c (ALA).....g	0.257		2	A	1	0.073	0.033	0.144	
18:3 n-6 c,c,c.....g	0.000		2	A	1	0.000	0.000	0.000	
18:3i.....g									
18:4.....g	0.001		0	FLA	4	0.000	0.000	0.001	
20:2 n-6 c,c.....g	0.000		2	A	1	0.000	0.000	0.000	
20:3 undifferentiated.....g	0.000		2	A	1	0.000	0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		2	A	1	0.000	0.000	0.000	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		2	A	1	0.000	0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4	0.000	0.000	0.000	
22:6 n-3 (DHA).....g	0.000		2	A	1	0.000	0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	30		0	FLA	4	8	4	17	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.060		0	FLA	4	0.017	0.008	0.034	
Threonine.....g	0.170		0	FLA	4	0.048	0.022	0.095	
Isoleucine.....g	0.208		0	FLA	4	0.059	0.027	0.117	
Leucine.....g	0.376		0	FLA	4	0.107	0.049	0.211	
Lysine.....g	0.216		0	FLA	4	0.061	0.028	0.121	
Methionine.....g	0.083		0	FLA	4	0.024	0.011	0.047	
Cystine.....g	0.116		0	FLA	4	0.033	0.015	0.065	
Phenylalanine.....g	0.226		0	FLA	4	0.064	0.029	0.127	
Tyrosine.....g	0.111		0	FLA	4	0.032	0.014	0.062	
Valine.....g	0.237		0	FLA	4	0.067	0.031	0.133	
Arginine.....g	0.226		0	FLA	4	0.064	0.029	0.126	
Histidine.....g	0.113		0	FLA	4	0.032	0.015	0.063	
Alanine.....g	0.180		0	FLA	4	0.051	0.023	0.101	
Aspartic acid.....g	0.311		0	FLA	4	0.088	0.040	0.174	
Glutamic acid.....g	1.390		0	FLA	4	0.394	0.181	0.778	
Glycine.....g	0.176		0	FLA	4	0.050	0.023	0.099	

NDB No. 18255

Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Proline.....g	0.476		0	FLA	4		0.135	0.062	0.267
Serine.....g	0.253		0	FLA	4		0.072	0.033	0.142
Hydroxyproline.....g	0.000		2	A	1		0.000	0.000	0.000
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 28.35g: 1 oz
- Measure 2 = 13.0g: 1 doughnut hole
- Measure 3 = 56g: 1 doughnut stick

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g									
8:0.....g	0.000		0		4	0.000	0.000		
10:0.....g	0.000		0		4	0.000	0.000		
12:0.....g	0.000		0		4	0.000	0.000		
13:0.....g									
14:0.....g	0.112		0	BFZN	4	0.032	0.067		
15:0.....g									
16:0.....g	3.018		0	BFZN	4	0.856	1.811		
17:0.....g									
18:0.....g	2.676		0	BFZN	4	0.759	1.606		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	12.865		0	BFZN	4	3.647	7.719		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.021		0	BFZN	4	0.006	0.013		
17:1.....g									
18:1 undifferentiated.....g	12.841		0	BFZN	4	3.640	7.705		
20:1.....g	0.001		0	BFZN	4	0.000	0.001		
22:1 undifferentiated.....g	0.000		0		4	0.000	0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.902		0	BFZN	4	0.823	1.741		
18:2 undifferentiated.....g	2.744		0	BFZN	4	0.778	1.646		
18:3 undifferentiated.....g	0.145		0	BFZN	4	0.041	0.087		
18:4.....g	0.001		0	BFZN	4	0.000	0.001		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.008		0	BFZN	4	0.002	0.005		
20:5 n-3 (EPA).....g	0.002		0	BFZN	4	0.001	0.001		
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g	0.002		0	BFZN	4	0.001	0.001		
Fatty acids, total trans.....g									
Cholesterol.....mg	6	2.381	8		1	2	4		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.077		0		4	0.022	0.046		
Threonine.....g	0.213		0		4	0.060	0.128		
Isoleucine.....g	0.266		0		4	0.075	0.160		
Leucine.....g	0.468		0		4	0.133	0.281		
Lysine.....g	0.231		0		4	0.065	0.139		
Methionine.....g	0.114		0		4	0.032	0.068		
Cystine.....g	0.130		0		4	0.037	0.078		
Phenylalanine.....g	0.310		0		4	0.088	0.186		
Tyrosine.....g	0.200		0		4	0.057	0.120		
Valine.....g	0.295		0		4	0.084	0.177		
Arginine.....g	0.271		0		4	0.077	0.163		
Histidine.....g	0.144		0		4	0.041	0.086		
Alanine.....g	0.235		0		4	0.067	0.141		
Aspartic acid.....g	0.380		0		4	0.108	0.228		
Glutamic acid.....g	1.873		0		4	0.531	1.124		
Glycine.....g	0.227		0		4	0.064	0.136		
Proline.....g	0.626		0		4	0.177	0.376		
Serine.....g	0.330		0		4	0.094	0.198		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18436

Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)

Measure 2 = 60g: 1 doughnut, medium (3-1/4" dia)

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18254

Doughnuts, yeast-leavened, with creme filling

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	38.20		2		1		10.83	32.47	
Energy.....kcal	361		0	NC	4		102	307	
Energy.....kJ	1510		0		4		428	1284	
Protein (N x 5.8).....g	6.40		2		1		1.81	5.44	
Total lipid (fat).....g	24.50		2		1		6.95	20.83	
Ash.....g	0.80		2		1		0.23	0.68	
Carbohydrate, by difference.....g	30.00		0	NC	4		8.51	25.50	
Fiber, total dietary.....g	0.8		0		4		0.2	0.7	
Sugars, total.....g	14.55		0	FLA	4		4.12	12.37	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	25		2		1		7	21	
Iron, Fe.....mg	1.83		2		1		0.52	1.56	
Magnesium, Mg.....mg	20		2		1		6	17	
Phosphorus, P.....mg	76		2		1		22	65	
Potassium, K.....mg	80		2		1		23	68	
Sodium, Na.....mg	309		2		1		88	263	
Zinc, Zn.....mg	0.80		2		1		0.23	0.68	
Copper, Cu.....mg	0.113		2		1		0.032	0.096	
Manganese, Mn.....mg	0.225		0	FLA	4		0.064	0.191	
Selenium, Se.....µg	10.8		0	FLA	4		3.1	9.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.338		2		1		0.096	0.287	
Riboflavin.....mg	0.148		2		1		0.042	0.126	
Niacin.....mg	2.242		2		1		0.636	1.906	
Pantothenic acid.....mg	0.662		0	FLA	4		0.188	0.563	
Vitamin B-6.....mg	0.068		0	FLA	4		0.019	0.058	
Folate, total.....µg	70		0	FLA	4		20	59	
Folic acid.....µg	56		0		4		16	48	
Folate, food.....µg	14		0		4		4	12	
Folate, DFE.....mcg_DFE	109		0	NC	4		31	93	
Choline, total.....mg	29.1		0	BFZN	4		8.2	24.7	
Betaine.....mg									
Vitamin B-12.....µg	0.14		0	FLA	4		0.04	0.12	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	11		0	NC	4		3	9	
Retinol.....µg	11		0	FLA	4		3	9	
Carotene, beta.....µg	2		0	FLA	4		1	2	
Carotene, alpha.....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....µg	1		0	FLA	4		0	1	
Vitamin A, IU.....IU	40		0	NC	4		11	34	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	33		0	FLA	4		9	28	
Vitamin E (alpha-tocopherol).....mg	0.29		0	FLA	4		0.08	0.25	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	8.6		0	FLA	4		2.4	7.3	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Doughnuts, yeast-leavened, with creme filling

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	5.430		0	FLA	4		1.539	4.616	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.001		0	FLA	4		0.000	0.001	
13:0.....g									
14:0.....g	0.103		0	FLA	4		0.029	0.088	
15:0.....g									
16:0.....g	2.867		0	FLA	4		0.813	2.437	
17:0.....g									
18:0.....g	2.452		0	FLA	4		0.695	2.084	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	12.080		0	FLA	4		3.425	10.268	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.073		0	FLA	4		0.021	0.062	
17:1.....g									
18:1 undifferentiated.....g	12.008		0	FLA	4		3.404	10.207	
20:1.....g	0.002		0	FLA	4		0.001	0.002	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.082		0	FLA	4		0.874	2.620	
18:2 undifferentiated.....g	2.900		0	FLA	4		0.822	2.465	
18:3 undifferentiated.....g	0.162		0	FLA	4		0.046	0.138	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.012		0	FLA	4		0.003	0.010	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.003		0	FLA	4		0.001	0.003	
Fatty acids, total trans.....g									
Cholesterol.....mg	24		2		1		7	20	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.078		0		1		0.022	0.066	
Threonine.....g	0.214		0		1		0.061	0.182	
Isoleucine.....g	0.271		0		1		0.077	0.230	
Leucine.....g	0.479		0		1		0.136	0.407	
Lysine.....g	0.241		0		1		0.068	0.205	
Methionine.....g	0.118		0		1		0.033	0.100	
Cystine.....g	0.127		0		1		0.036	0.108	
Phenylalanine.....g	0.311		0		1		0.088	0.264	
Tyrosine.....g	0.204		0		1		0.058	0.173	
Valine.....g	0.301		0		1		0.085	0.256	
Arginine.....g	0.270		0		1		0.077	0.230	
Histidine.....g	0.147		0		1		0.042	0.125	
Alanine.....g	0.236		0		1		0.067	0.201	
Aspartic acid.....g	0.382		0		1		0.108	0.325	
Glutamic acid.....g	1.865		0		1		0.529	1.585	
Glycine.....g	0.223		0		1		0.063	0.190	
Proline.....g	0.632		0		1		0.179	0.537	
Serine.....g	0.329		0		1		0.093	0.280	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18254

Doughnuts, yeast-leavened, with creme filling

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 85g: 1 doughnut oval (3-1/2" x 2-1/2")

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18256

Doughnuts, yeast-leavened, with jelly filling

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	35.60		2		1		10.09	30.26	
Energy.....kcal	340		0	NC	4		96	289	
Energy.....kJ	1423		0		4		403	1209	
Protein (N x 5.8).....g	5.90		2		1		1.67	5.02	
Total lipid (fat).....g	18.70		2		1		5.30	15.90	
Ash.....g	0.80		2		1		0.23	0.68	
Carbohydrate, by difference.....g	39.00		0	NC	4		11.06	33.15	
Fiber, total dietary.....g	0.9		0		4		0.2	0.7	
Sugars, total.....g	21.10		0	FLA	4		5.98	17.94	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	25		2		1		7	21	
Iron, Fe.....mg	1.76		2		1		0.50	1.50	
Magnesium, Mg.....mg	20		2		1		6	17	
Phosphorus, P.....mg	85		2		1		24	72	
Potassium, K.....mg	79		2		1		22	67	
Sodium, Na.....mg	240		0	LC	8		68	204	
Zinc, Zn.....mg	0.75		2		1		0.21	0.64	
Copper, Cu.....mg	0.136		2		1		0.039	0.116	
Manganese, Mn.....mg	0.205		0	FLA	4		0.058	0.174	
Selenium, Se.....µg	12.5		0	FLA	4		3.5	10.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.312		2		1		0.088	0.265	
Riboflavin.....mg	0.142		2		1		0.040	0.121	
Niacin.....mg	2.137		2		1		0.606	1.816	
Pantothenic acid.....mg	0.876		0	FLA	4		0.248	0.745	
Vitamin B-6.....mg	0.100		0	FLA	4		0.028	0.085	
Folate, total.....µg	68		0	FLA	4		19	58	
Folic acid.....µg	51		0		4		14	43	
Folate, food.....µg	17		0		4		5	14	
Folate, DFE.....mcg_DFE	104		0	NC	4		29	88	
Choline, total.....mg	29.1		0	BFZN	4		8.2	24.7	
Betaine.....mg									
Vitamin B-12.....µg	0.22		0	FLA	4		0.06	0.19	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	17		0	NC	4		5	14	
Retinol.....µg	16		0	FLA	4		4	13	
Carotene, beta.....µg	8		0	FLA	4		2	7	
Carotene, alpha.....µg	3		0	FLA	4		1	3	
Cryptoxanthin, beta.....µg	3		0	FLA	4		1	2	
Vitamin A, IU.....IU	71		0	NC	4		20	60	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	108		0	FLA	4		31	92	
Vitamin E (alpha-tocopherol).....mg	0.43		0	FLA	4		0.12	0.37	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	7.1		0	FLA	4		2.0	6.0	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Doughnuts, yeast-leavened, with jelly filling

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	4.843		0	FLA	4		1.373	4.117	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.087		0	FLA	4		0.025	0.074	
15:0.....g									
16:0.....g	2.637		0	FLA	4		0.748	2.241	
17:0.....g									
18:0.....g	2.111		0	FLA	4		0.598	1.794	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	10.226		0	FLA	4		2.899	8.692	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.110		0	FLA	4		0.031	0.094	
17:1.....g									
18:1 undifferentiated.....g	10.107		0	FLA	4		2.865	8.591	
20:1.....g	0.006		0	FLA	4		0.002	0.005	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.377		0	FLA	4		0.674	2.020	
18:2 undifferentiated.....g	2.214		0	FLA	4		0.628	1.882	
18:3 undifferentiated.....g	0.110		0	FLA	4		0.031	0.094	
18:4.....g	0.003		0	FLA	4		0.001	0.003	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.033		0	FLA	4		0.009	0.028	
20:5 n-3 (EPA).....g	0.008		0	FLA	4		0.002	0.007	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.010		0	FLA	4		0.003	0.009	
Fatty acids, total trans.....g									
Cholesterol.....mg	26		2		1		7	22	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.070		0		1		0.020	0.060	
Threonine.....g	0.194		0		1		0.055	0.165	
Isoleucine.....g	0.244		0		1		0.069	0.207	
Leucine.....g	0.431		0		1		0.122	0.366	
Lysine.....g	0.209		0		1		0.059	0.178	
Methionine.....g	0.105		0		1		0.030	0.089	
Cystine.....g	0.118		0		1		0.033	0.100	
Phenylalanine.....g	0.284		0		1		0.081	0.241	
Tyrosine.....g	0.183		0		1		0.052	0.156	
Valine.....g	0.269		0		1		0.076	0.229	
Arginine.....g	0.249		0		1		0.071	0.212	
Histidine.....g	0.132		0		1		0.037	0.112	
Alanine.....g	0.219		0		1		0.062	0.186	
Aspartic acid.....g	0.346		0		1		0.098	0.294	
Glutamic acid.....g	1.733		0		1		0.491	1.473	
Glycine.....g	0.213		0		1		0.060	0.181	
Proline.....g	0.583		0		1		0.165	0.496	
Serine.....g	0.304		0		1		0.086	0.258	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18256

Doughnuts, yeast-leavened, with jelly filling

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 85g: 1 doughnut oval (3-1/2" x 2-1/2")

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18257

Eclairs, custard-filled with chocolate glaze, prepared from recipe

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	52.40		0		1		14.86	58.69	52.40
Energy.....kcal	262		0	NC	4		74	293	262
Energy.....kJ	1096		0		4		311	1228	1096
Protein (N x 0).....g	6.40		0		1		1.81	7.17	6.40
Total lipid (fat).....g	15.70		0		1		4.45	17.58	15.70
Ash.....g	1.30		0		1		0.37	1.46	1.30
Carbohydrate, by difference.....g	24.20		0	NC	4		6.86	27.10	24.20
Fiber, total dietary.....g	0.6		0	RA	4		0.2	0.7	0.6
Sugars, total.....g	6.60		0	RK	4		1.87	7.39	6.60
Starch.....g									
Minerals:									
Calcium, Ca.....mg	63		0		1		18	71	63
Iron, Fe.....mg	1.18		0		1		0.33	1.32	1.18
Magnesium, Mg.....mg	15		0		1		4	17	15
Phosphorus, P.....mg	107		0		1		30	120	107
Potassium, K.....mg	117		0		1		33	131	117
Sodium, Na.....mg	337		0		1		96	377	337
Zinc, Zn.....mg	0.61		0		1		0.17	0.68	0.61
Copper, Cu.....mg	0.058		0		1		0.016	0.065	0.058
Manganese, Mn.....mg	0.128		0		1		0.036	0.143	0.128
Selenium, Se.....µg	15.6		0	RK	4		4.4	17.5	15.6
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		0		1		0.1	0.3	0.3
Thiamin.....mg	0.115		0		1		0.033	0.129	0.115
Riboflavin.....mg	0.266		0		1		0.075	0.298	0.266
Niacin.....mg	0.799		0		1		0.227	0.895	0.799
Pantothenic acid.....mg	0.489		0		1		0.139	0.548	0.489
Vitamin B-6.....mg	0.059		0		1		0.017	0.066	0.059
Folate, total.....µg	43		0	RA	4		12	48	43
Folic acid.....µg	29		0		4		8	32	29
Folate, food.....µg	14		0		1		4	16	14
Folate, DFE.....mcg_DFE	63		0	NC	4		18	71	63
Choline, total.....mg	79.6		0	NC	4		22.6	89.2	79.6
Betaine.....mg									
Vitamin B-12.....µg	0.34		0		1		0.10	0.38	0.34
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	199		0	NC	4		56	223	199
Retinol.....µg	189		0	RA	4		54	212	189
Carotene, beta.....µg	117		0	RA	4		33	131	117
Carotene, alpha.....µg	0		0	RA	4		0	0	0
Cryptoxanthin, beta.....µg	3		0	RA	4		1	3	3
Vitamin A, IU.....IU	828		0	NC	4		235	927	828
Lycopene.....µg	0		0	RA	4		0	0	0
Lutein + zeaxanthin.....µg	112		0	RA	4		32	126	112
Vitamin E (alpha-tocopherol).....mg	2.01		0	RA	4		0.57	2.25	2.01
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	1.0		0	BFZN	4		0.3	1.1	1.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	38		0	BFZN	4		11	43	38
Vitamin K (phylloquinone).....µg	17.5		0	RA	4		5.0	19.6	17.5
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Eclairs, custard-filled with chocolate glaze, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	4.119		0		1		1.168	4.613	4.119
4:0.....g	0.037		0		1		0.010	0.041	0.037
6:0.....g	0.022		0		1		0.006	0.025	0.022
8:0.....g	0.013		0		1		0.004	0.015	0.013
10:0.....g	0.029		0		1		0.008	0.032	0.029
12:0.....g	0.033		0		1		0.009	0.037	0.033
13:0.....g									
14:0.....g	0.152		0		1		0.043	0.170	0.152
15:0.....g									
16:0.....g	2.445		0		1		0.693	2.738	2.445
17:0.....g									
18:0.....g	1.358		0		1		0.385	1.521	1.358
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.484		0		1		1.838	7.262	6.484
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.112		0		1		0.032	0.125	0.112
17:1.....g									
18:1 undifferentiated.....g	6.353		0		1		1.801	7.115	6.353
20:1.....g	0.008		0		1		0.002	0.009	0.008
22:1 undifferentiated.....g	0.001		0		1		0.000	0.001	0.001
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.948		0		1		1.119	4.422	3.948
18:2 undifferentiated.....g	3.717		0		1		1.054	4.163	3.717
18:3 undifferentiated.....g	0.178		0		1		0.050	0.199	0.178
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.041		0		1		0.012	0.046	0.041
20:5 n-3 (EPA).....g	0.001		0		1		0.000	0.001	0.001
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.011		0		1		0.003	0.012	0.011
Fatty acids, total trans.....g									
Cholesterol.....mg	127		0		1		36	142	127
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.080		0		1		0.023	0.090	0.080
Threonine.....g	0.271		0		1		0.077	0.304	0.271
Isoleucine.....g	0.324		0		1		0.092	0.363	0.324
Leucine.....g	0.532		0		1		0.151	0.596	0.532
Lysine.....g	0.392		0		1		0.111	0.439	0.392
Methionine.....g	0.169		0		1		0.048	0.189	0.169
Cystine.....g	0.127		0		1		0.036	0.142	0.127
Phenylalanine.....g	0.328		0		1		0.093	0.367	0.328
Tyrosine.....g	0.253		0		1		0.072	0.283	0.253
Valine.....g	0.365		0		1		0.103	0.409	0.365
Arginine.....g	0.325		0		1		0.092	0.364	0.325
Histidine.....g	0.152		0		1		0.043	0.170	0.152
Alanine.....g	0.294		0		1		0.083	0.329	0.294
Aspartic acid.....g	0.527		0		1		0.149	0.590	0.527
Glutamic acid.....g	1.223		0		1		0.347	1.370	1.223
Glycine.....g	0.204		0		1		0.058	0.228	0.204
Proline.....g	0.431		0		1		0.122	0.483	0.431
Serine.....g	0.411		0		1		0.117	0.460	0.411
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	0.0
Caffeine.....mg	2		0	FLA	4		1	2	2
Theobromine.....mg	14		0	FLA	4		4	16	14

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18257

Eclairs, custard-filled with chocolate glaze, prepared from recipe

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code						

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 112g: 1 cream puff (3-1/2" x 2")

Measure 3 = 100g: 1 eclair (5" x 2" x 1-3/4")

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18260

English muffins, mixed-grain (includes granola)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	40.20		2		1		11.40	26.53	
Energy.....kcal	235		0		4		67	155	
Energy.....kJ	983		0		4		279	649	
Protein (N x 5.8).....g	9.10	0.261	10		1		2.58	6.01	
Total lipid (fat).....g	1.80	0.376	9		1		0.51	1.19	
Ash.....g	2.50	0.218	6		1		0.71	1.65	
Carbohydrate, by difference.....g	46.30		0	NC	4		13.13	30.56	
Fiber, total dietary.....g	2.8		0		4		0.8	1.8	
Sugars, total.....g	0.81		0	FLA	4		0.23	0.54	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	196	18.699	10		1		56	129	
Iron, Fe.....mg	3.02	0.221	10		1		0.86	1.99	
Magnesium, Mg.....mg	41		0	FLA	4		12	27	
Phosphorus, P.....mg	81		0	FLA	4		23	53	
Potassium, K.....mg	156		2		1		44	103	
Sodium, Na.....mg	334		0	LC	8		95	220	
Zinc, Zn.....mg	1.39		0	FLA	4		0.39	0.92	
Copper, Cu.....mg	0.243		0	FLA	4		0.069	0.160	
Manganese, Mn.....mg	0.604		0	FLA	4		0.171	0.399	
Selenium, Se.....µg	25.5		0	FLA	4		7.2	16.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.430	0.038	3		1		0.122	0.284	
Riboflavin.....mg	0.313	0.018	3		1		0.089	0.207	
Niacin.....mg	3.583	0.509	3		1		1.016	2.365	
Pantothenic acid.....mg	0.408		0	FLA	4		0.116	0.269	
Vitamin B-6.....mg	0.038		0	FLA	4		0.011	0.025	
Folate, total.....µg	80		0	FLA	4		23	53	
Folic acid.....µg	45		0	NC	4		13	30	
Folate, food.....µg	35		0		4		10	23	
Folate, DFE.....mcg_DFE	112		0	NC	4		32	74	
Choline, total.....mg	13.7		0	BFZN	4		3.9	9.0	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	FLC	4		0	0	
Carotene, beta.....µg	0		0	FLC	4		0	0	
Carotene, alpha.....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLC	4		0	0	
Vitamin A, IU.....IU	0		0	FLA	4		0	0	
Lycopene.....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....µg	1		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	FLC	4		0.00	0.00	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.0		0	FLC	4		0.0	0.0	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Fatty acids, total saturated.....g	0.230		0		4		0.065	0.152	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.001		0		4		0.000	0.001	
13:0.....g									
14:0.....g	0.005		0		4		0.001	0.003	
15:0.....g									
16:0.....g	0.172		0		4		0.049	0.114	
17:0.....g									
18:0.....g	0.048		0		4		0.014	0.032	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.827		0		4		0.234	0.546	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.014		0		4		0.004	0.009	
17:1.....g									
18:1 undifferentiated.....g	0.813		0		4		0.230	0.537	
20:1.....g	0.001		0		4		0.000	0.001	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.559		0		4		0.158	0.369	
18:2 undifferentiated.....g	0.531		0		4		0.151	0.350	
18:3 undifferentiated.....g	0.029		0		4		0.008	0.019	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.000	4		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.118		0		1		0.033	0.078	
Threonine.....g	0.279		0		1		0.079	0.184	
Isoleucine.....g	0.361		0		1		0.102	0.238	
Leucine.....g	0.649		0		1		0.184	0.428	
Lysine.....g	0.291		0		1		0.082	0.192	
Methionine.....g	0.158		0		1		0.045	0.104	
Cystine.....g	0.199		0		1		0.056	0.131	
Phenylalanine.....g	0.449		0		1		0.127	0.296	
Tyrosine.....g	0.280		0		1		0.079	0.185	
Valine.....g	0.422		0		1		0.120	0.279	
Arginine.....g	0.441		0		1		0.125	0.291	
Histidine.....g	0.202		0		1		0.057	0.133	
Alanine.....g	0.353		0		1		0.100	0.233	
Aspartic acid.....g	0.549		0		1		0.156	0.362	
Glutamic acid.....g	2.671		0		1		0.757	1.763	
Glycine.....g	0.368		0		1		0.104	0.243	
Proline.....g	0.850		0		1		0.241	0.561	
Serine.....g	0.435		0		1		0.123	0.287	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18260

English muffins, mixed-grain (includes granola)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 66g: 1 muffin

Calories Factors: Protein 3.7

Fat 8.5

Carbohydrate4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18261

English muffins, mixed-grain, toasted (includes granola)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	35.00		0		1		9.92	21.35	
Energy.....kcal	255		0	NC	4		72	156	
Energy.....kJ	1067		0		4		302	651	
Protein (N x 0).....g	9.90		0		1		2.81	6.04	
Total lipid (fat).....g	1.90		0		1		0.54	1.16	
Ash.....g	2.70		0		1		0.77	1.65	
Carbohydrate, by difference.....g	50.30		0	NC	4		14.26	30.68	
Fiber, total dietary.....g	3.0		0		4		0.9	1.9	
Sugars, total.....g	0.88		0	RA	4		0.25	0.54	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	213		0		1		60	130	
Iron, Fe.....mg	3.29		0		1		0.93	2.01	
Magnesium, Mg.....mg	48		0		4		14	29	
Phosphorus, P.....mg	162		0		4		46	99	
Potassium, K.....mg	169		0		1		48	103	
Sodium, Na.....mg	453		0		1		128	276	
Zinc, Zn.....mg	1.05		0		4		0.30	0.64	
Copper, Cu.....mg	0.254		0		4		0.072	0.155	
Manganese, Mn.....mg	0.823		0		4		0.233	0.502	
Selenium, Se.....µg	27.7		0	RK	4		7.9	16.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.374		0		1		0.106	0.228	
Riboflavin.....mg	0.307		0		1		0.087	0.187	
Niacin.....mg	3.505		0		1		0.994	2.138	
Pantothenic acid.....mg	0.325		0		4		0.092	0.198	
Vitamin B-6.....mg	0.103		0	RK	4		0.029	0.063	
Folate, total.....µg	67		0	RK	4		19	41	
Folic acid.....µg	40		0	NC	4		11	24	
Folate, food.....µg	27		0		4		8	16	
Folate, DFE.....mcg_DFE	95		0	NC	4		27	58	
Choline, total.....mg	15.7		0	BFZN	4		4.5	9.6	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	RA	4		0	0	
Carotene, beta.....µg	0		0	RA	4		0	0	
Carotene, alpha.....µg	0		0	RA	4		0	0	
Cryptoxanthin, beta.....µg	0		0	RA	4		0	0	
Vitamin A, IU.....IU	0		0	RA	4		0	0	
Lycopene.....µg	0		0	RA	4		0	0	
Lutein + zeaxanthin.....µg	1		0	RA	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	RA	4		0.00	0.00	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.0		0	RA	4		0.0	0.0	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

English muffins, mixed-grain, toasted (includes granola)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.250		0		1		0.071	0.153	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.001		0		1		0.000	0.001	
13:0.....g									
14:0.....g	0.006		0		1		0.002	0.004	
15:0.....g									
16:0.....g	0.187		0		1		0.053	0.114	
17:0.....g									
18:0.....g	0.052		0		1		0.015	0.032	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.899		0		1		0.255	0.548	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.015		0		1		0.004	0.009	
17:1.....g									
18:1 undifferentiated.....g	0.884		0		1		0.251	0.539	
20:1.....g	0.001		0		1		0.000	0.001	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.608		0		1		0.172	0.371	
18:2 undifferentiated.....g	0.577		0		1		0.164	0.352	
18:3 undifferentiated.....g	0.031		0		1		0.009	0.019	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.128		0		1		0.036	0.078	
Threonine.....g	0.303		0		1		0.086	0.185	
Isoleucine.....g	0.393		0		1		0.111	0.240	
Leucine.....g	0.706		0		1		0.200	0.431	
Lysine.....g	0.317		0		1		0.090	0.193	
Methionine.....g	0.171		0		1		0.048	0.104	
Cystine.....g	0.216		0		1		0.061	0.132	
Phenylalanine.....g	0.488		0		1		0.138	0.298	
Tyrosine.....g	0.305		0		1		0.086	0.186	
Valine.....g	0.458		0		1		0.130	0.279	
Arginine.....g	0.479		0		1		0.136	0.292	
Histidine.....g	0.220		0		1		0.062	0.134	
Alanine.....g	0.384		0		1		0.109	0.234	
Aspartic acid.....g	0.597		0		1		0.169	0.364	
Glutamic acid.....g	2.903		0		1		0.823	1.771	
Glycine.....g	0.400		0		1		0.113	0.244	
Proline.....g	0.924		0		1		0.262	0.564	
Serine.....g	0.472		0		1		0.134	0.288	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18261

English muffins, mixed-grain, toasted (includes granola)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 61g: 1 muffin

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

English muffins, plain, enriched, with ca prop (includes sourdough)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Vitamin D3 (cholecalciferol).....µg							
Vitamin D.....IU	0		0	Z	7	0	0
Vitamin K (phylloquinone).....µg	1.2		2	A	1	0.3	0.7
Dihydrophyloquinone.....µg	0.2		2	A	1	0.0	0.1
Menaquinone-4.....µg							
Lipids:							
Fatty acids, total saturated.....g	0.733		0	NC	4	0.208	0.418
4:0.....g	0.000		2	A	1	0.000	0.000
6:0.....g	0.000		2	A	1	0.000	0.000
8:0.....g	0.002		2	A	1	0.001	0.001
10:0.....g	0.000		2	A	1	0.000	0.000
12:0.....g	0.083		2	A	1	0.023	0.047
13:0.....g	0.000		2	A	1	0.000	0.000
14:0.....g	0.034		2	A	1	0.010	0.019
15:0.....g	0.000		2	A	1	0.000	0.000
16:0.....g	0.292		2	A	1	0.083	0.167
17:0.....g	0.000		2	A	1	0.000	0.000
18:0.....g	0.317		2	A	1	0.090	0.180
20:0.....g	0.005		2	A	1	0.002	0.003
22:0.....g	0.000		2	A	1	0.000	0.000
24:0.....g	0.000		2	A	1	0.000	0.000
Fatty acids, total monounsaturated.....g	0.383		0	NC	4	0.109	0.218
14:1.....g	0.000		2	A	1	0.000	0.000
15:1.....g	0.000		2	A	1	0.000	0.000
16:1 undifferentiated.....g	0.000		2	A	1	0.000	0.000
17:1.....g	0.000		2	A	1	0.000	0.000
18:1 undifferentiated.....g	0.383		0	AS	1	0.109	0.218
18:1 c.....g	0.383		2	A	1	0.109	0.218
18:1-1lc (18:1c n-7).....g							
18:1 t.....g	0.000		2	A	1	0.000	0.000
18:1-1lt (18:1t n-7).....g							
20:1.....g	0.000		2	A	1	0.000	0.000
22:1 undifferentiated.....g	0.000		2	A	1	0.000	0.000
24:1 c.....g	0.000		2	A	1	0.000	0.000
Fatty acids, total polyunsaturated.....g	0.498		0	NC	4	0.141	0.284
18:2 undifferentiated.....g	0.449		2	A	1	0.127	0.256
18:3 undifferentiated.....g	0.048		0	AS	1	0.014	0.028
18:3 n-3 c,c,c (ALA).....g	0.048		2	A	1	0.014	0.028
18:3 n-6 c,c,c.....g	0.000		2	A	1	0.000	0.000
18:3i.....g							
18:4.....g	0.000		0		4	0.000	0.000
20:2 n-6 c,c.....g	0.000		2	A	1	0.000	0.000
20:3 undifferentiated.....g	0.000		2	A	1	0.000	0.000
20:3 n-3.....g							
20:3 n-6.....g							
20:4 undifferentiated.....g	0.000		2	A	1	0.000	0.000
20:4 n-3.....g							
20:4 n-6.....g							
20:5 n-3 (EPA).....g	0.000		2	A	1	0.000	0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0	FLA	4	0.000	0.000
22:6 n-3 (DHA).....g	0.000		2	A	1	0.000	0.000
Fatty acids, total trans.....g	0.000		0	NC	4	0.000	0.000
Cholesterol.....mg	0	0.016	4		1	0	0
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.108		0	FLA	4	0.031	0.062
Threonine.....g	0.331		0	FLA	4	0.094	0.189
Isoleucine.....g	0.404		0	FLA	4	0.115	0.230
Leucine.....g	0.652		0	FLA	4	0.185	0.372
Lysine.....g	0.450		0	FLA	4	0.127	0.256
Methionine.....g	0.153		0	FLA	4	0.043	0.087

NDB No. 18258

English muffins, plain, enriched, with ca prop (includes sourdough)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Code					
Cystine.....g	0.182		0	FLA	4			0.051	0.104	
Phenylalanine.....g	0.417		0	FLA	4			0.118	0.238	
Tyrosine.....g	0.258		0	FLA	4			0.073	0.147	
Valine.....g	0.454		0	FLA	4			0.129	0.259	
Arginine.....g	0.408		0	FLA	4			0.116	0.233	
Histidine.....g	0.201		0	FLA	4			0.057	0.114	
Alanine.....g	0.401		0	FLA	4			0.114	0.229	
Aspartic acid.....g	0.606		0	FLA	4			0.172	0.345	
Glutamic acid.....g	2.211		0	FLA	4			0.627	1.260	
Glycine.....g	0.347		0	FLA	4			0.098	0.198	
Proline.....g	0.710		0	FLA	4			0.201	0.405	
Serine.....g	0.415		0	FLA	4			0.118	0.237	
Hydroxyproline.....g	0.000		2	A	1			0.000	0.000	
Others:										
Alcohol, ethyl.....g	0.0		0	FLA	4			0.0	0.0	
Caffeine.....mg	0		0	FLA	4			0	0	
Theobromine.....mg	0		0	FLA	4			0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 1 muffin

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18437

English muffins, plain, enriched, without calcium propionate(includes sourdough)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	42.10	0.221	140		1		11.94	24.00	
Energy.....kcal	235		0	NC	4		67	134	
Energy.....kJ	983				4		279	560	
Protein (N x 5.8).....g	7.70	0.039	142		1		2.18	4.39	
Total lipid (fat).....g	1.80	0.031	141		1		0.51	1.03	
Ash.....g	2.20	0.107	37		1		0.62	1.25	
Carbohydrate, by difference.....g	46.00		0		4		13.04	26.22	
Fiber, total dietary.....g	2.7		0		4		0.8	1.5	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	52		0		4		15	30	
Iron, Fe.....mg	2.50	0.098	42		1		0.71	1.43	
Magnesium, Mg.....mg	21	0.921	16		1		6	12	
Phosphorus, P.....mg	133	16.347	11		1		38	76	
Potassium, K.....mg	131	10.979	14		1		37	75	
Sodium, Na.....mg	464	21.312	20		1		132	264	
Zinc, Zn.....mg	0.70	0.039	28		1		0.20	0.40	
Copper, Cu.....mg	0.129	0.016	11		1		0.037	0.074	
Manganese, Mn.....mg	0.357	0.031	10		1		0.101	0.203	
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	
Thiamin.....mg	0.442	0.006	129		1		0.125	0.252	
Riboflavin.....mg	0.281	0.013	33		1		0.080	0.160	
Niacin.....mg	3.884	0.125	33		1		1.101	2.214	
Pantothenic acid.....mg	0.446	0.041	9		1		0.126	0.254	
Vitamin B-6.....mg	0.043	0.004	4		1		0.012	0.025	
Folate, total.....µg	74		0	FLA	4		21	42	
Folic acid.....µg	37		0	NC	4		10	21	
Folate, food.....µg	37		0		4		10	21	
Folate, DFE.....mcg_DFE	100		0	NC	4		28	57	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.04		0	BFZN	4		0.01	0.02	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.259		0		4		0.073	0.148	
4:0.....g	0.000		0		4		0.000	0.000	

English muffins, plain, enriched, without calcium propionate(includes sourdough)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.001		0		4		0.000	0.001	
13:0.....g									
14:0.....g	0.002		0		4		0.001	0.001	
15:0.....g									
16:0.....g	0.212		0		4		0.060	0.121	
17:0.....g									
18:0.....g	0.041		0		4		0.012	0.023	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.302		0		4		0.086	0.172	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.027		0		4		0.008	0.015	
17:1.....g									
18:1 undifferentiated.....g	0.274		0		4		0.078	0.156	
20:1.....g	0.002		0		4		0.001	0.001	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.888		0		4		0.252	0.506	
18:2 undifferentiated.....g	0.813		0		4		0.230	0.463	
18:3 undifferentiated.....g	0.075		0		4		0.021	0.043	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.016	4		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.092		0		4		0.026	0.052	
Threonine.....g	0.242		0		4		0.069	0.138	
Isoleucine.....g	0.315		0		4		0.089	0.180	
Leucine.....g	0.553		0		4		0.157	0.315	
Lysine.....g	0.241		0		4		0.068	0.137	
Methionine.....g	0.139		0		4		0.039	0.079	
Cystine.....g	0.160		0		4		0.045	0.091	
Phenylalanine.....g	0.379		0		4		0.107	0.216	
Tyrosine.....g	0.233		0		4		0.066	0.133	
Valine.....g	0.353		0		4		0.100	0.201	
Arginine.....g	0.295		0		4		0.084	0.168	
Histidine.....g	0.170		0		4		0.048	0.097	
Alanine.....g	0.281		0		4		0.080	0.160	
Aspartic acid.....g	0.398		0		4		0.113	0.227	
Glutamic acid.....g	2.419		0		4		0.686	1.379	
Glycine.....g	0.280		0		4		0.079	0.160	
Proline.....g	0.809		0		4		0.229	0.461	
Serine.....g	0.376		0		4		0.107	0.214	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18437

English muffins, plain, enriched, without calcium propionate(includes sourdough)

Measure 2 = 57g: 1 muffin

Calories Factors: Protein 3.9

Fat 8.6

Carbohydrate4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18259

English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	32.97		2	A	1		9.35	17.15	
Energy.....kcal	270		0	NC	4		77	140	
Energy.....kJ	1130		0	NC	4		320	588	
Protein.....g	10.32		2	A	1		2.93	5.37	
Total lipid (fat).....g	2.02		2	A	1		0.57	1.05	
Ash.....g	2.04		2	A	1		0.58	1.06	
Carbohydrate, by difference.....g	52.65		0	NC	4		14.92	27.38	
Fiber, total dietary.....g	2.8		2	A	1		0.8	1.4	
Sugars, total.....g	3.47		2	A	1		0.99	1.81	
Starch.....g	44.50		2	A	1		12.62	23.14	
Minerals:									
Calcium, Ca.....mg	197		2	A	1		56	102	
Iron, Fe.....mg	4.65		2	A	1		1.32	2.42	
Magnesium, Mg.....mg	28		2	A	1		8	15	
Phosphorus, P.....mg	107		2	A	1		30	56	
Potassium, K.....mg	129		2	A	1		37	67	
Sodium, Na.....mg	477		2	A	1		135	248	
Zinc, Zn.....mg	1.40		2	A	1		0.40	0.73	
Copper, Cu.....mg	0.160		2	A	1		0.045	0.083	
Manganese, Mn.....mg	0.630		2	A	1		0.179	0.328	
Selenium, Se.....µg	26.3		2	A	1		7.4	13.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.7		1	A	1		0.5	0.9	
Thiamin.....mg	0.541		2	A	1		0.153	0.281	
Riboflavin.....mg	0.280		2	A	1		0.079	0.146	
Niacin.....mg	4.990		2	A	1		1.415	2.595	
Pantothenic acid.....mg	0.332		2	A	1		0.094	0.173	
Vitamin B-6.....mg	0.067		2	A	1		0.019	0.035	
Folate, total.....µg	119		2	A	1		34	62	
Folic acid.....µg	88		2	A	1		25	46	
Folate, food.....µg	31		0	AS	1		9	16	
Folate, DFE.....mcg_DFE	180		0	NC	4		51	93	
Choline, total.....mg	15.7		0	AS	1		4.5	8.2	
Betaine.....mg									
Vitamin B-12.....µg	0.05		0	RK	4		0.01	0.02	
Vitamin B-12, added.....µg	0.00		0	RK	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	RK	4		0	0	
Retinol.....µg	0		0	RK	4		0	0	
Carotene, beta.....µg	0		0	RK	4		0	0	
Carotene, alpha.....µg	0		0	RK	4		0	0	
Cryptoxanthin, beta.....µg	0		0	RK	4		0	0	
Vitamin A, IU.....IU	0		0		4		0	0	
Lycopene.....µg	0		0	RK	4		0	0	
Lutein + zeaxanthin.....µg	47		0	RK	4		13	24	
Vitamin E (alpha-tocopherol).....mg	0.36		0	RK	4		0.10	0.19	
Vitamin E, added.....mg	0.00		0	RK	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	1.4		2	A	1		0.4	0.7	
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									
Lipids:									

English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.533		0	NC	4		0.151	0.277	
4:0.....g	0.000		2	A	1		0.000	0.000	
6:0.....g	0.000		2	A	1		0.000	0.000	
8:0.....g	0.000		2	A	1		0.000	0.000	
10:0.....g	0.000		2	A	1		0.000	0.000	
12:0.....g	0.000		2	A	1		0.000	0.000	
13:0.....g	0.000		2	A	1		0.000	0.000	
14:0.....g	0.000		2	A	1		0.000	0.000	
15:0.....g	0.000		2	A	1		0.000	0.000	
16:0.....g	0.308		2	A	1		0.087	0.160	
17:0.....g	0.000		2	A	1		0.000	0.000	
18:0.....g	0.224		2	A	1		0.064	0.117	
20:0.....g	0.000		2	A	1		0.000	0.000	
22:0.....g	0.000		2	A	1		0.000	0.000	
24:0.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.478		0	NC	4		0.135	0.248	
14:1.....g	0.000		2	A	1		0.000	0.000	
15:1.....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
17:1.....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.478		0	AS	1		0.135	0.248	
18:1 c.....g	0.478		2	A	1		0.135	0.248	
18:1-1lc (18:1c n-7).....g									
18:1 t.....g	0.000		2	A	1		0.000	0.000	
18:1-1lt (18:1t n-7).....g									
20:1.....g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.921		0	NC	4		0.261	0.479	
18:2 undifferentiated.....g	0.832		2	A	1		0.236	0.433	
18:3 undifferentiated.....g	0.089		0	AS	1		0.025	0.046	
18:3 n-3 c,c,c (ALA).....g	0.089		2	A	1		0.025	0.046	
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	RK	4		0.000	0.000	
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RK	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	NC	4		0.000	0.000	
Cholesterol.....mg	0		0	RK	4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.127		0	RK	4		0.036	0.066	
Threonine.....g	0.389		0	RK	4		0.110	0.202	
Isoleucine.....g	0.475		0	RK	4		0.135	0.247	
Leucine.....g	0.767		0	RK	4		0.218	0.399	
Lysine.....g	0.529		0	RK	4		0.150	0.275	
Methionine.....g	0.181		0	RK	4		0.051	0.094	
Cystine.....g	0.214		0	RK	4		0.061	0.111	
Phenylalanine.....g	0.491		0	RK	4		0.139	0.255	
Tyrosine.....g	0.304		0	RK	4		0.086	0.158	
Valine.....g	0.534		0	RK	4		0.151	0.278	
Arginine.....g	0.480		0	RK	4		0.136	0.250	
Histidine.....g	0.236		0	RK	4		0.067	0.123	

NDB No. 18259

English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Alanine.....g	0.472		0	RK	4	0.134	0.245	
Aspartic acid.....g	0.713		0	RK	4	0.202	0.371	
Glutamic acid.....g	2.601		0	RK	4	0.737	1.352	
Glycine.....g	0.408		0	RK	4	0.116	0.212	
Proline.....g	0.835		0	RK	4	0.237	0.434	
Serine.....g	0.489		0	RK	4	0.139	0.254	
Hydroxyproline.....g	0.000		2	A	1	0.000	0.000	
Others:								
Alcohol, ethyl.....g	0.0		0	RK	4	0.0	0.0	
Caffeine.....mg	0		0	RK	4	0	0	
Theobromine.....mg	0		0	RK	4	0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz
 Measure 2 = 52g: 1 muffin

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18438

English muffins, plain, unenriched, with calcium propionate (includes sourdough)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
Proximates:									
Water.....g	42.10	0.221	140			1	11.94	24.00	
Energy.....kcal	235		0	NC		4	67	134	
Energy.....kJ	983					4	279	560	
Protein (N x 5.8).....g	7.70	0.039	142			1	2.18	4.39	
Total lipid (fat).....g	1.80	0.031	141			1	0.51	1.03	
Ash.....g	2.20	0.107	37			1	0.62	1.25	
Carbohydrate, by difference.....g	46.00		0			4	13.04	26.22	
Fiber, total dietary.....g	2.7		0	BFZN		4	0.8	1.5	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	174	10.922	28			1	49	99	
Iron, Fe.....mg	0.89		0			4	0.25	0.51	
Magnesium, Mg.....mg	21	0.921	16			1	6	12	
Phosphorus, P.....mg	133	16.347	11			1	38	76	
Potassium, K.....mg	131	10.979	14			1	37	75	
Sodium, Na.....mg	464	21.312	20			1	132	264	
Zinc, Zn.....mg	0.70	0.039	28			1	0.20	0.40	
Copper, Cu.....mg	0.129	0.016	11			1	0.037	0.074	
Manganese, Mn.....mg	0.357	0.031	10			1	0.101	0.203	
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN		4	0.0	0.0	
Thiamin.....mg	0.181		0			4	0.051	0.103	
Riboflavin.....mg	0.154		0			4	0.044	0.088	
Niacin.....mg	1.566		0			4	0.444	0.893	
Pantothenic acid.....mg	0.446	0.041	9			1	0.126	0.254	
Vitamin B-6.....mg	0.043	0.004	4			1	0.012	0.025	
Folate, total.....µg	37		0			4	10	21	
Folic acid.....µg	0		0	Z		7	0	0	
Folate, food.....µg	37		0			4	10	21	
Folate, DFE.....mcg_DFE	37		0	NC		4	10	21	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.04		0	BFZN		4	0.01	0.02	
Vitamin A, RAE.....mcg_RAE	0		0	NC		4	0	0	
Retinol.....µg	0		0	Z		7	0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0			4	0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.259		0			4	0.073	0.148	
4:0.....g	0.000		0			4	0.000	0.000	

English muffins, plain, unenriched, with calcium propionate (includes sourdough)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.001		0		4		0.000	0.001	
13:0.....g									
14:0.....g	0.002		0		4		0.001	0.001	
15:0.....g									
16:0.....g	0.212		0		4		0.060	0.121	
17:0.....g									
18:0.....g	0.041		0		4		0.012	0.023	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.302		0		4		0.086	0.172	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.027		0		4		0.008	0.015	
17:1.....g									
18:1 undifferentiated.....g	0.274		0		4		0.078	0.156	
20:1.....g	0.002		0		4		0.001	0.001	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.888		0		4		0.252	0.506	
18:2 undifferentiated.....g	0.813		0		4		0.230	0.463	
18:3 undifferentiated.....g	0.075		0		4		0.021	0.043	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.016	4		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.092		0		4		0.026	0.052	
Threonine.....g	0.242		0		4		0.069	0.138	
Isoleucine.....g	0.315		0		4		0.089	0.180	
Leucine.....g	0.553		0		4		0.157	0.315	
Lysine.....g	0.241		0		4		0.068	0.137	
Methionine.....g	0.139		0		4		0.039	0.079	
Cystine.....g	0.160		0		4		0.045	0.091	
Phenylalanine.....g	0.379		0		4		0.107	0.216	
Tyrosine.....g	0.233		0		4		0.066	0.133	
Valine.....g	0.353		0		4		0.100	0.201	
Arginine.....g	0.295		0		4		0.084	0.168	
Histidine.....g	0.170		0		4		0.048	0.097	
Alanine.....g	0.281		0		4		0.080	0.160	
Aspartic acid.....g	0.398		0		4		0.113	0.227	
Glutamic acid.....g	2.419		0		4		0.686	1.379	
Glycine.....g	0.280		0		4		0.079	0.160	
Proline.....g	0.809		0		4		0.229	0.461	
Serine.....g	0.376		0		4		0.107	0.214	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18438

English muffins, plain, unenriched, with calcium propionate (includes sourdough)

Measure 2 = 57g: 1 muffin

Calories Factors: Protein 3.9

Fat 8.6

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18439

English muffins, plain, unenriched, without calcium propionate (includes sourdough)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	42.10	0.221	140		1		11.94	24.00	
Energy.....kcal	235		0	NC	4		67	134	
Energy.....kJ	983				4		279	560	
Protein (N x 5.8).....g	7.70	0.039	142		1		2.18	4.39	
Total lipid (fat).....g	1.80	0.031	141		1		0.51	1.03	
Ash.....g	2.20	0.107	37		1		0.62	1.25	
Carbohydrate, by difference.....g	46.00		0		4		13.04	26.22	
Fiber, total dietary.....g	2.7		0	BFZN	4		0.8	1.5	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	52		0		4		15	30	
Iron, Fe.....mg	0.89		0	BFZN	4		0.25	0.51	
Magnesium, Mg.....mg	21	0.921	16		1		6	12	
Phosphorus, P.....mg	133	16.347	11		1		38	76	
Potassium, K.....mg	131	10.979	14		1		37	75	
Sodium, Na.....mg	464	21.312	20		1		132	264	
Zinc, Zn.....mg	0.70	0.039	28		1		0.20	0.40	
Copper, Cu.....mg	0.129	0.016	11		1		0.037	0.074	
Manganese, Mn.....mg	0.357	0.031	10		1		0.101	0.203	
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0		4		0.0	0.1	
Thiamin.....mg	0.181		0		4		0.051	0.103	
Riboflavin.....mg	0.154		0		4		0.044	0.088	
Niacin.....mg	1.566		0		4		0.444	0.893	
Pantothenic acid.....mg	0.446	0.041	9		1		0.126	0.254	
Vitamin B-6.....mg	0.043	0.004	4		1		0.012	0.025	
Folate, total.....µg	37		0		4		10	21	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	37		0		4		10	21	
Folate, DFE.....mcg_DFE	37		0	NC	4		10	21	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.04		0	BFZN	4		0.01	0.02	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.259		0		4		0.073	0.148	
4:0.....g	0.000		0		4		0.000	0.000	

English muffins, plain, unenriched, without calcium propionate (includes sourdough)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.001		0		4		0.000	0.001	
13:0.....g									
14:0.....g	0.002		0		4		0.001	0.001	
15:0.....g									
16:0.....g	0.212		0		4		0.060	0.121	
17:0.....g									
18:0.....g	0.041		0		4		0.012	0.023	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.302		0		4		0.086	0.172	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.027		0		4		0.008	0.015	
17:1.....g									
18:1 undifferentiated.....g	0.274		0		4		0.078	0.156	
20:1.....g	0.002		0		4		0.001	0.001	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.888		0		4		0.252	0.506	
18:2 undifferentiated.....g	0.813		0		4		0.230	0.463	
18:3 undifferentiated.....g	0.075		0		4		0.021	0.043	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.016	4		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.092		0		4		0.026	0.052	
Threonine.....g	0.242		0		4		0.069	0.138	
Isoleucine.....g	0.315		0		4		0.089	0.180	
Leucine.....g	0.553		0		4		0.157	0.315	
Lysine.....g	0.241		0		4		0.068	0.137	
Methionine.....g	0.139		0		4		0.039	0.079	
Cystine.....g	0.160		0		4		0.045	0.091	
Phenylalanine.....g	0.379		0		4		0.107	0.216	
Tyrosine.....g	0.233		0		4		0.066	0.133	
Valine.....g	0.353		0		4		0.100	0.201	
Arginine.....g	0.295		0		4		0.084	0.168	
Histidine.....g	0.170		0		4		0.048	0.097	
Alanine.....g	0.281		0		4		0.080	0.160	
Aspartic acid.....g	0.398		0		4		0.113	0.227	
Glutamic acid.....g	2.419		0		4		0.686	1.379	
Glycine.....g	0.280		0		4		0.079	0.160	
Proline.....g	0.809		0		4		0.229	0.461	
Serine.....g	0.376		0		4		0.107	0.214	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18439

English muffins, plain, unenriched, without calcium propionate (includes sourdough)

Measure 2 = 57g: 1 muffin

Calories Factors: Protein 3.9

Fat 8.6

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18262

English muffins, raisin-cinnamon (includes apple-cinnamon)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	40.60		2	A	1		11.51	23.14	
Energy.....kcal	240		0	NC	4		68	137	
Energy.....kJ	1005		0	NC	4		285	573	
Protein.....g	7.91		2	A	1		2.24	4.51	
Total lipid (fat).....g	1.80		2	A	1		0.51	1.03	
Ash.....g	1.58		2	A	1		0.45	0.90	
Carbohydrate, by difference.....g	48.10		0	NC	4		13.64	27.42	
Fiber, total dietary.....g	2.6		2	A	1		0.7	1.5	
Sugars, total.....g	14.76		1	A	1		4.18	8.41	
Starch.....g	31.40		2	A	1		8.90	17.90	
Minerals:									
Calcium, Ca.....mg	114		2	A	1		32	65	
Iron, Fe.....mg	4.50		2	A	1		1.28	2.57	
Magnesium, Mg.....mg	23		2	A	1		7	13	
Phosphorus, P.....mg	91		2	A	1		26	52	
Potassium, K.....mg	173		2	A	1		49	99	
Sodium, Na.....mg	277		0	LC	8		79	158	
Zinc, Zn.....mg	0.97		2	A	1		0.27	0.55	
Copper, Cu.....mg	0.160		2	A	1		0.045	0.091	
Manganese, Mn.....mg	0.575		2	A	1		0.163	0.328	
Selenium, Se.....µg	21.6		2	A	1		6.1	12.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.3		2	A	1		0.4	0.8	
Thiamin.....mg	0.412		2	A	1		0.117	0.235	
Riboflavin.....mg	0.215		2	A	1		0.061	0.122	
Niacin.....mg	3.670		2	A	1		1.040	2.092	
Pantothenic acid.....mg	0.209		2	A	1		0.059	0.119	
Vitamin B-6.....mg	0.066		2	A	1		0.019	0.037	
Folate, total.....µg	74		2	A	1		21	42	
Folic acid.....µg	54		2	A	1		15	31	
Folate, food.....µg	20		0	AS	1		6	11	
Folate, DFE.....mcg_DFE	112		0	NC	4		32	64	
Choline, total.....mg	12.6		0	AS	1		3.6	7.2	
Betaine.....mg	28.0		0	A	1		7.9	16.0	
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	Z	7		0	0	
Retinol.....µg	0		0	FLA	4		0	0	
Carotene, beta.....µg	0		0	Z	7		0	0	
Carotene, alpha.....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	1		0	FLA	4		0	1	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	25		0	FLC	4		7	15	
Vitamin E (alpha-tocopherol).....mg	0.31		0	FLC	4		0.09	0.18	
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	2.5		2	A	1		0.7	1.4	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.540		0	NC	4		0.153	0.308	
4:0.....g	0.000		2	A	1		0.000	0.000	
6:0.....g	0.000		2	A	1		0.000	0.000	
8:0.....g	0.000		2	A	1		0.000	0.000	
10:0.....g	0.000		2	A	1		0.000	0.000	
12:0.....g	0.013		2	A	1		0.004	0.007	
13:0.....g	0.000		2	A	1		0.000	0.000	
14:0.....g	0.014		2	A	1		0.004	0.008	
15:0.....g	0.000		2	A	1		0.000	0.000	
16:0.....g	0.265		2	A	1		0.075	0.151	
17:0.....g	0.000		2	A	1		0.000	0.000	
18:0.....g	0.243		2	A	1		0.069	0.139	
20:0.....g	0.005		2	A	1		0.001	0.003	
22:0.....g	0.000		2	A	1		0.000	0.000	
24:0.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.846		0	NC	4		0.240	0.482	
14:1.....g	0.000		2	A	1		0.000	0.000	
15:1.....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.007		2	A	1		0.002	0.004	
17:1.....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.840		0	AS	1		0.238	0.479	
18:1 c.....g	0.840		2	A	1		0.238	0.479	
18:1-1lc (18:1c n-7).....g									
18:1 t.....g	0.000		2	A	1		0.000	0.000	
18:1-1lt (18:1t n-7).....g									
20:1.....g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.339		0	NC	4		0.096	0.193	
18:2 undifferentiated.....g	0.309		2	A	1		0.088	0.176	
18:3 undifferentiated.....g	0.030		0	AS	1		0.009	0.017	
18:3 n-3 c,c,c (ALA).....g	0.030		2	A	1		0.009	0.017	
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0		2		1		0	0	
Phytosterols.....mg	2		0	FLA	4		1	1	
Amino Acids:									
Tryptophan.....g	0.090		0	FLA	4		0.026	0.051	
Threonine.....g	0.268		0	FLA	4		0.076	0.153	
Isoleucine.....g	0.318		0	FLA	4		0.090	0.182	
Leucine.....g	0.517		0	FLA	4		0.146	0.294	
Lysine.....g	0.346		0	FLA	4		0.098	0.197	
Methionine.....g	0.121		0	FLA	4		0.034	0.069	
Cystine.....g	0.145		0	FLA	4		0.041	0.082	
Phenylalanine.....g	0.343		0	FLA	4		0.097	0.196	
Tyrosine.....g	0.191		0	FLA	4		0.054	0.109	
Valine.....g	0.363		0	FLA	4		0.103	0.207	

NDB No. 18262

English muffins, raisin-cinnamon (includes apple-cinnamon)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Arginine.....g	0.365		0	FLA	4		0.104	0.208	
Histidine.....g	0.165		0	FLA	4		0.047	0.094	
Alanine.....g	0.325		0	FLA	4		0.092	0.185	
Aspartic acid.....g	0.471		0	FLA	4		0.134	0.268	
Glutamic acid.....g	1.830		0	FLA	4		0.519	1.043	
Glycine.....g	0.289		0	FLA	4		0.082	0.165	
Proline.....g	0.603		0	FLA	4		0.171	0.344	
Serine.....g	0.332		0	FLA	4		0.094	0.189	
Hydroxyproline.....g	0.000		2	A	1		0.000	0.000	
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 1 muffin

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18263

English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	32.07		2	A	1		9.09	16.67	
Energy.....kcal	276		0	NC	4		78	143	
Energy.....kJ	1153		0	NC	4		327	600	
Protein.....g	8.87		2	A	1		2.52	4.61	
Total lipid (fat).....g	2.21		2	A	1		0.63	1.15	
Ash.....g	1.81		2	A	1		0.51	0.94	
Carbohydrate, by difference.....g	55.04		0	NC	4		15.60	28.62	
Fiber, total dietary.....g	3.0		2	A	1		0.8	1.6	
Sugars, total.....g	13.34		2	A	1		3.78	6.94	
Starch.....g	36.05		2	A	1		10.22	18.75	
Minerals:									
Calcium, Ca.....mg	139		2	A	1		39	72	
Iron, Fe.....mg	4.90		0	A	1		1.39	2.55	
Magnesium, Mg.....mg	28		2	A	1		8	14	
Phosphorus, P.....mg	108		2	A	1		31	56	
Potassium, K.....mg	194		1	A	1		55	101	
Sodium, Na.....mg	369		2	A	1		105	192	
Zinc, Zn.....mg	1.00		1	A	1		0.28	0.52	
Copper, Cu.....mg	0.175		2	A	1		0.050	0.091	
Manganese, Mn.....mg	0.720		2	A	1		0.204	0.374	
Selenium, Se.....µg	24.3		2	A	1		6.9	12.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.4		2	A	1		0.4	0.7	
Thiamin.....mg	0.518		2	A	1		0.147	0.269	
Riboflavin.....mg	0.245		2	A	1		0.069	0.127	
Niacin.....mg	4.285		2	A	1		1.215	2.228	
Pantothenic acid.....mg	0.284		2	A	1		0.080	0.148	
Vitamin B-6.....mg	0.062		2	A	1		0.018	0.032	
Folate, total.....µg	86		2	A	1		24	44	
Folic acid.....µg	66		2	A	1		19	34	
Folate, food.....µg	20		0	AS	1		6	10	
Folate, DFE.....mcg_DFE	131		0	NC	4		37	68	
Choline, total.....mg	14.5		0	AS	1		4.1	7.5	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	RA	4		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	RA	4		0	0	
Retinol.....µg	0		0	RA	4		0	0	
Carotene, beta.....µg	0		0	RA	4		0	0	
Carotene, alpha.....µg	0		0	RA	4		0	0	
Cryptoxanthin, beta.....µg	0		0	RA	4		0	0	
Vitamin A, IU.....IU	1		0	RA	4		0	1	
Lycopene.....µg	0		0	RA	4		0	0	
Lutein + zeaxanthin.....µg	28		0	RA	4		8	14	
Vitamin E (alpha-tocopherol).....mg	0.36		0	RA	4		0.10	0.19	
Vitamin E, added.....mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	2.5		2	A	1		0.7	1.3	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.579		0	NC	4		0.164	0.301	
4:0.....g	0.000		2	A	1		0.000	0.000	
6:0.....g	0.000		2	A	1		0.000	0.000	
8:0.....g	0.000		2	A	1		0.000	0.000	
10:0.....g	0.000		2	A	1		0.000	0.000	
12:0.....g	0.000		2	A	1		0.000	0.000	
13:0.....g	0.000		2	A	1		0.000	0.000	
14:0.....g	0.008		2	A	1		0.002	0.004	
15:0.....g	0.000		2	A	1		0.000	0.000	
16:0.....g	0.320		2	A	1		0.091	0.167	
17:0.....g	0.000		2	A	1		0.000	0.000	
18:0.....g	0.251		2	A	1		0.071	0.130	
20:0.....g	0.000		2	A	1		0.000	0.000	
22:0.....g	0.000		2	A	1		0.000	0.000	
24:0.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	1.065		0	NC	4		0.302	0.554	
14:1.....g	0.000		2	A	1		0.000	0.000	
15:1.....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
17:1.....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated.....g	1.065		0	AS	1		0.302	0.554	
18:1 c.....g	1.065		2	A	1		0.302	0.554	
18:1-1lc (18:1c n-7).....g									
18:1 t.....g	0.000		2	A	1		0.000	0.000	
18:1-1lt (18:1t n-7).....g									
20:1.....g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.469		0	NC	4		0.133	0.244	
18:2 undifferentiated.....g	0.424		2	A	1		0.120	0.220	
18:3 undifferentiated.....g	0.046		0	AS	1		0.013	0.024	
18:3 n-3 c,c,c (ALA).....g	0.046		2	A	1		0.013	0.024	
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	RA	4		0.000	0.000	
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0		0	RA	4		0	0	
Phytosterols.....mg	2		0	RA	4		1	1	
Amino Acids:									
Tryptophan.....g	0.102		0	RA	4		0.029	0.053	
Threonine.....g	0.305		0	RA	4		0.086	0.159	
Isoleucine.....g	0.362		0	RA	4		0.103	0.188	
Leucine.....g	0.587		0	RA	4		0.166	0.305	
Lysine.....g	0.393		0	RA	4		0.111	0.204	
Methionine.....g	0.138		0	RA	4		0.039	0.072	
Cystine.....g	0.164		0	RA	4		0.047	0.085	
Phenylalanine.....g	0.390		0	RA	4		0.111	0.203	
Tyrosine.....g	0.217		0	RA	4		0.061	0.113	
Valine.....g	0.412		0	RA	4		0.117	0.214	

NDB No. 18263

English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
Arginine.....g	0.415		0	RA	4		0.118	0.216	
Histidine.....g	0.187		0	RA	4		0.053	0.097	
Alanine.....g	0.369		0	RA	4		0.105	0.192	
Aspartic acid.....g	0.535		0	RA	4		0.152	0.278	
Glutamic acid.....g	2.080		0	RA	4		0.590	1.082	
Glycine.....g	0.328		0	RA	4		0.093	0.171	
Proline.....g	0.686		0	RA	4		0.194	0.356	
Serine.....g	0.377		0	RA	4		0.107	0.196	
Hydroxyproline.....g	0.000		2	A	1		0.000	0.000	
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 52g: 1 muffin

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	42.30	1.166	7		1		11.99	24.11	
Energy.....kcal	223		0	NC	4		63	127	
Energy.....kJ	933		0		4		265	532	
Protein (N x 5.8).....g	8.70	0.380	7		1		2.47	4.96	
Total lipid (fat).....g	2.00	0.246	6		1		0.57	1.14	
Ash.....g	2.30	0.243	5		1		0.65	1.31	
Carbohydrate, by difference.....g	44.80		0	NC	4		12.70	25.54	
Fiber, total dietary.....g	4.6		0		4		1.3	2.6	
Sugars, total.....g	1.56		0	FLC	4		0.44	0.89	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	178	22.876	11		1		50	101	
Iron, Fe.....mg	2.87	0.194	11		1		0.81	1.64	
Magnesium, Mg.....mg	37		0	FLA	4		10	21	
Phosphorus, P.....mg	107		0	FLA	4		30	61	
Potassium, K.....mg	186		1		1		53	106	
Sodium, Na.....mg	382		2		1		108	218	
Zinc, Zn.....mg	1.07		0	FLA	4		0.30	0.61	
Copper, Cu.....mg	0.148		0	FLA	4		0.042	0.084	
Manganese, Mn.....mg	1.001		0	FLA	4		0.284	0.571	
Selenium, Se.....µg	29.2		0	FLA	4		8.3	16.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.431	0.041	6		1		0.122	0.246	
Riboflavin.....mg	0.292	0.034	5		1		0.083	0.166	
Niacin.....mg	3.356	0.154	5		1		0.951	1.913	
Pantothenic acid.....mg	0.444		0	FLA	4		0.126	0.253	
Vitamin B-6.....mg	0.087		0	FLA	4		0.025	0.050	
Folate, total.....µg	64		0	FLC	4		18	36	
Folic acid.....µg	25		0		4		7	14	
Folate, food.....µg	39		0		4		11	22	
Folate, DFE.....mcg_DFE	82		0	NC	4		23	46	
Choline, total.....mg	13.7		0	BFZN	4		3.9	7.8	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	FLC	4		0	0	
Carotene, beta.....µg	2		0	FLC	4		1	1	
Carotene, alpha.....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLC	4		0	0	
Vitamin A, IU.....IU	3		0	NC	4		1	2	
Lycopene.....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....µg	92		0	FLC	4		26	52	
Vitamin E (alpha-tocopherol).....mg	0.45		0	FLC	4		0.13	0.26	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.8		0	FLC	4		0.2	0.5	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Fatty acids, total saturated.....g	0.287		0		4		0.081	0.164	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.001		0		4		0.000	0.001	
13:0.....g									
14:0.....g	0.002		0		4		0.001	0.001	
15:0.....g									
16:0.....g	0.254		0		4		0.072	0.145	
17:0.....g									
18:0.....g	0.024		0		4		0.007	0.014	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.280		0		4		0.079	0.160	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.037		0		4		0.010	0.021	
17:1.....g									
18:1 undifferentiated.....g	0.243		0		4		0.069	0.139	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.834		0		4		0.236	0.475	
18:2 undifferentiated.....g	0.785		0		4		0.223	0.447	
18:3 undifferentiated.....g	0.048		0		4		0.014	0.027	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		4		0.000	0.001	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.112		0		1		0.032	0.064	
Threonine.....g	0.266		0		1		0.075	0.152	
Isoleucine.....g	0.341		0		1		0.097	0.194	
Leucine.....g	0.596		0		1		0.169	0.340	
Lysine.....g	0.270		0		1		0.077	0.154	
Methionine.....g	0.145		0		1		0.041	0.083	
Cystine.....g	0.181		0		1		0.051	0.103	
Phenylalanine.....g	0.412		0		1		0.117	0.235	
Tyrosine.....g	0.255		0		1		0.072	0.145	
Valine.....g	0.391		0		1		0.111	0.223	
Arginine.....g	0.359		0		1		0.102	0.205	
Histidine.....g	0.193		0		1		0.055	0.110	
Alanine.....g	0.321		0		1		0.091	0.183	
Aspartic acid.....g	0.456		0		1		0.129	0.260	
Glutamic acid.....g	2.612		0		1		0.741	1.489	
Glycine.....g	0.327		0		1		0.093	0.186	
Proline.....g	0.862		0		1		0.244	0.491	
Serine.....g	0.409		0		1		0.116	0.233	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18264
English muffins, wheat

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 1 muffin

Calories Factors: Protein 3.7

Fat 8.4

Carbohydrate 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18265
English muffins, wheat, toasted

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	37.20		0		1		10.55	19.34	
Energy.....kcal	243		0	NC	4		69	126	
Energy.....kJ	1017		0		4		288	529	
Protein (N x 0).....g	9.40		0		1		2.66	4.89	
Total lipid (fat).....g	2.10		0		1		0.60	1.09	
Ash.....g	2.50		0		1		0.71	1.30	
Carbohydrate, by difference.....g	48.70		0	NC	4		13.81	25.32	
Fiber, total dietary.....g	5.0		0		4		1.4	2.6	
Sugars, total.....g	1.70		0	RA	4		0.48	0.88	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	193		0		1		55	100	
Iron, Fe.....mg	3.12		0		1		0.88	1.62	
Magnesium, Mg.....mg	42		0		4		12	22	
Phosphorus, P.....mg	125		0	RK	4		35	65	
Potassium, K.....mg	202		0		1		57	105	
Sodium, Na.....mg	415		0		1		118	216	
Zinc, Zn.....mg	1.22		0		4		0.35	0.63	
Copper, Cu.....mg	0.163		0		4		0.046	0.085	
Manganese, Mn.....mg	1.120		0		4		0.318	0.582	
Selenium, Se.....µg	31.8		0	RK	4		9.0	16.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.375		0		1		0.106	0.195	
Riboflavin.....mg	0.286		0		1		0.081	0.149	
Niacin.....mg	3.283		0		1		0.931	1.707	
Pantothenic acid.....mg	0.214		0		4		0.061	0.111	
Vitamin B-6.....mg	0.098		0	RK	4		0.028	0.051	
Folate, total.....µg	59		0	RA	4		17	31	
Folic acid.....µg	29		0		4		8	15	
Folate, food.....µg	30		0		4		9	16	
Folate, DFE.....mcg_DFE	79		0	NC	4		22	41	
Choline, total.....mg	15.7		0	BFZN	4		4.5	8.2	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	RA	4		0	0	
Carotene, beta.....µg	2		0	RA	4		1	1	
Carotene, alpha.....µg	0		0	RA	4		0	0	
Cryptoxanthin, beta.....µg	0		0	RA	4		0	0	
Vitamin A, IU.....IU	3		0	NC	4		1	2	
Lycopene.....µg	0		0	RA	4		0	0	
Lutein + zeaxanthin.....µg	95		0	RA	4		27	49	
Vitamin E (alpha-tocopherol).....mg	0.49		0	RA	4		0.14	0.25	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.9		0	RA	4		0.3	0.5	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 18265
English muffins, wheat, toasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total saturated.....g	0.312		0		1		0.088	0.162	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.001		0		1		0.000	0.001	
13:0.....g									
14:0.....g	0.002		0		1		0.001	0.001	
15:0.....g									
16:0.....g	0.276		0		1		0.078	0.144	
17:0.....g									
18:0.....g	0.026		0		1		0.007	0.014	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.305		0		1		0.086	0.159	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.040		0		1		0.011	0.021	
17:1.....g									
18:1 undifferentiated.....g	0.264		0		1		0.075	0.137	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.906		0		1		0.257	0.471	
18:2 undifferentiated.....g	0.853		0		1		0.242	0.444	
18:3 undifferentiated.....g	0.052		0		1		0.015	0.027	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		1		0.000	0.001	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.122		0		1		0.035	0.063	
Threonine.....g	0.289		0		1		0.082	0.150	
Isoleucine.....g	0.370		0		1		0.105	0.192	
Leucine.....g	0.648		0		1		0.184	0.337	
Lysine.....g	0.294		0		1		0.083	0.153	
Methionine.....g	0.158		0		1		0.045	0.082	
Cystine.....g	0.197		0		1		0.056	0.102	
Phenylalanine.....g	0.448		0		1		0.127	0.233	
Tyrosine.....g	0.278		0		1		0.079	0.145	
Valine.....g	0.425		0		1		0.120	0.221	
Arginine.....g	0.390		0		1		0.111	0.203	
Histidine.....g	0.209		0		1		0.059	0.109	
Alanine.....g	0.349		0		1		0.099	0.181	
Aspartic acid.....g	0.495		0		1		0.140	0.257	
Glutamic acid.....g	2.839		0		1		0.805	1.476	
Glycine.....g	0.356		0		1		0.101	0.185	
Proline.....g	0.937		0		1		0.266	0.487	
Serine.....g	0.445		0		1		0.126	0.231	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18265
English muffins, wheat, toasted

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 52g: 1 muffin

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18266
English muffins, whole-wheat

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	45.70		2		1		12.96	30.16	
Energy.....kcal	203		0		4		58	134	
Energy.....kJ	849		0		4		241	561	
Protein (N x 5.9).....g	8.80		1		1		2.49	5.81	
Total lipid (fat).....g	2.10		1		1		0.60	1.39	
Ash.....g	2.80		2		1		0.79	1.85	
Carbohydrate, by difference.....g	40.40		0	NC	4		11.45	26.66	
Fiber, total dietary.....g	6.7		0		1		1.9	4.4	
Sugars, total.....g	8.09		0	FLC	4		2.29	5.34	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	265		1		1		75	175	
Iron, Fe.....mg	2.45		1		1		0.69	1.62	
Magnesium, Mg.....mg	71		0	FLA	4		20	47	
Phosphorus, P.....mg	282		0	FLA	4		80	186	
Potassium, K.....mg	210		1		1		60	139	
Sodium, Na.....mg	364		0	LC	8		103	240	
Zinc, Zn.....mg	1.60		0	FLA	4		0.45	1.06	
Copper, Cu.....mg	0.212		0	FLA	4		0.060	0.140	
Manganese, Mn.....mg	1.790		0	FLA	4		0.507	1.181	
Selenium, Se.....µg	40.3		0	FLA	4		11.4	26.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.300		1		1		0.085	0.198	
Riboflavin.....mg	0.140		1		1		0.040	0.092	
Niacin.....mg	3.410		1		1		0.967	2.251	
Pantothenic acid.....mg	0.695		0	FLA	4		0.197	0.459	
Vitamin B-6.....mg	0.163		0	FLA	4		0.046	0.108	
Folate, total.....µg	49		0		4		14	32	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	49		0		4		14	32	
Folate, DFE.....mcg_DFE	49		0	NC	4		14	32	
Choline, total.....mg	13.7		0	BFZN	4		3.9	9.0	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	FLC	4		0	0	
Carotene, beta.....µg	3		0	FLC	4		1	2	
Carotene, alpha.....µg	1		0	FLC	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLC	4		0	0	
Vitamin A, IU.....IU	5		0	NC	4		1	3	
Lycopene.....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....µg	91		0	FLC	4		26	60	
Vitamin E (alpha-tocopherol).....mg	0.41		0	FLC	4		0.12	0.27	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	1.0		0	FLC	4		0.3	0.6	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 18266
English muffins, whole-wheat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Fatty acids, total saturated.....g	0.334		0	FLA	4		0.095	0.220	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.001		0		4		0.000	0.001	
13:0.....g									
14:0.....g	0.003		0		4		0.001	0.002	
15:0.....g									
16:0.....g	0.276		0		4		0.078	0.182	
17:0.....g									
18:0.....g	0.049		0		4		0.014	0.032	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.513		0	FLA	4		0.145	0.339	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.034		0		4		0.010	0.022	
17:1.....g									
18:1 undifferentiated.....g	0.479		0		4		0.136	0.316	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.835		0	FLA	4		0.237	0.551	
18:2 undifferentiated.....g	0.787		0		4		0.223	0.519	
18:3 undifferentiated.....g	0.046		0		4		0.013	0.030	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0		4		0.001	0.001	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.129		0		1		0.037	0.085	
Threonine.....g	0.283		0		1		0.080	0.187	
Isoleucine.....g	0.351		0		1		0.100	0.232	
Leucine.....g	0.610		0		1		0.173	0.403	
Lysine.....g	0.309		0		1		0.088	0.204	
Methionine.....g	0.141		0		1		0.040	0.093	
Cystine.....g	0.190		0		1		0.054	0.125	
Phenylalanine.....g	0.417		0		1		0.118	0.275	
Tyrosine.....g	0.272		0		1		0.077	0.180	
Valine.....g	0.414		0		1		0.117	0.273	
Arginine.....g	0.417		0		1		0.118	0.275	
Histidine.....g	0.205		0		1		0.058	0.135	
Alanine.....g	0.350		0		1		0.099	0.231	
Aspartic acid.....g	0.510		0		1		0.145	0.337	
Glutamic acid.....g	2.560		0		1		0.726	1.690	
Glycine.....g	0.362		0		1		0.103	0.239	
Proline.....g	0.841		0		1		0.238	0.555	
Serine.....g	0.415		0		1		0.118	0.274	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18266
English muffins, whole-wheat

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Deriv	Source	Measure 1	Measure 2	Measure 3
			of Data	Code	Confidence			
			Points	Code	Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 28.35g: 1 oz
Measure 2 = 66g: 1 muffin

Calories Factors: Protein 3.5 Fat 8.5 Carbohydrate 3.8

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18267

English muffins, whole-wheat, toasted

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	41.00		0		1		11.62	25.01	
Energy.....kcal	221		0	NC	4		63	135	
Energy.....kJ	925		0		4		262	564	
Protein (N x 0).....g	9.60		0		1		2.72	5.86	
Total lipid (fat).....g	2.30		0		1		0.65	1.40	
Ash.....g	3.00		0		1		0.85	1.83	
Carbohydrate, by difference.....g	44.10		0	NC	4		12.50	26.90	
Fiber, total dietary.....g	7.3		0		4		2.1	4.5	
Sugars, total.....g	8.79		0	RA	4		2.49	5.36	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	288		0		1		82	176	
Iron, Fe.....mg	2.66		0		1		0.75	1.62	
Magnesium, Mg.....mg	77		0		1		22	47	
Phosphorus, P.....mg	307		0		1		87	187	
Potassium, K.....mg	228		0		1		65	139	
Sodium, Na.....mg	396		0	BFSN	4		112	241	
Zinc, Zn.....mg	1.74		0		1		0.49	1.06	
Copper, Cu.....mg	0.225		0		4		0.064	0.137	
Manganese, Mn.....mg	1.946		0		1		0.552	1.187	
Selenium, Se.....µg	43.8		0	RK	4		12.4	26.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.261		0		1		0.074	0.159	
Riboflavin.....mg	0.137		0		1		0.039	0.084	
Niacin.....mg	3.336		0		1		0.946	2.035	
Pantothenic acid.....mg	0.491		0		1		0.139	0.300	
Vitamin B-6.....mg	0.159		0		1		0.045	0.097	
Folate, total.....µg	45		0	RA	4		13	28	
Folic acid.....µg	0		0	RA	4		0	0	
Folate, food.....µg	45		0	RA	4		13	28	
Folate, DFE.....mcg_DFE	45		0	NC	4		13	28	
Choline, total.....mg	14.8		0	BFSN	4		4.2	9.1	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	RA	4		0	0	
Carotene, beta.....µg	3		0	RA	4		1	2	
Carotene, alpha.....µg	1		0	RA	4		0	0	
Cryptoxanthin, beta.....µg	0		0	RA	4		0	0	
Vitamin A, IU.....IU	0		0		1		0	0	
Lycopene.....µg	0		0	RA	4		0	0	
Lutein + zeaxanthin.....µg	94		0	RA	4		27	57	
Vitamin E (alpha-tocopherol).....mg	0.44		0	RA	4		0.13	0.27	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	1.1		0	RA	4		0.3	0.6	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.363		0		1		0.103	0.221	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.001		0		1		0.000	0.001	
13:0.....g									
14:0.....g	0.004		0		1		0.001	0.002	
15:0.....g									
16:0.....g	0.299		0		1		0.085	0.182	
17:0.....g									
18:0.....g	0.053		0		1		0.015	0.032	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.557		0		1		0.158	0.340	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.037		0		1		0.010	0.023	
17:1.....g									
18:1 undifferentiated.....g	0.521		0		1		0.148	0.318	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.908		0		1		0.257	0.554	
18:2 undifferentiated.....g	0.856		0		1		0.243	0.522	
18:3 undifferentiated.....g	0.050		0		1		0.014	0.031	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0		1		0.001	0.001	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.141		0		1		0.040	0.086	
Threonine.....g	0.308		0		1		0.087	0.188	
Isoleucine.....g	0.382		0		1		0.108	0.233	
Leucine.....g	0.663		0		1		0.188	0.404	
Lysine.....g	0.336		0		1		0.095	0.205	
Methionine.....g	0.154		0		1		0.044	0.094	
Cystine.....g	0.207		0		1		0.059	0.126	
Phenylalanine.....g	0.453		0		1		0.128	0.276	
Tyrosine.....g	0.296		0		1		0.084	0.181	
Valine.....g	0.450		0		1		0.128	0.275	
Arginine.....g	0.453		0		1		0.128	0.276	
Histidine.....g	0.223		0		1		0.063	0.136	
Alanine.....g	0.380		0		1		0.108	0.232	
Aspartic acid.....g	0.554		0		1		0.157	0.338	
Glutamic acid.....g	2.782		0		1		0.789	1.697	
Glycine.....g	0.393		0		1		0.111	0.240	
Proline.....g	0.914		0		1		0.259	0.558	
Serine.....g	0.451		0		1		0.128	0.275	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18267

English muffins, whole-wheat, toasted

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 61g: 1 muffin

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18973
Focaccia, Italian flatbread, plain

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	45.91		0	FLC	4		26.17		
Energy.....kcal	249		0	NC	4		142		
Energy.....kJ	1044		0	NC	4		595		
Protein.....g	8.77		1	LC	8		5.00		
Total lipid (fat).....g	7.89		1	LC	8		4.50		
Ash.....g	1.60		0	FLC	4		0.91		
Carbohydrate, by difference.....g	35.82		0	NC	4		20.42		
Fiber, total dietary.....g	1.8		1	LC	8		1.0		
Sugars, total.....g	1.75		1	LC	8		1.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	35		1	LC	8		20		
Iron, Fe.....mg	3.16		1	LC	8		1.80		
Magnesium, Mg.....mg	20		0	FLC	4		12		
Phosphorus, P.....mg	128		0	FLC	4		73		
Potassium, K.....mg	114		0	FLC	4		65		
Sodium, Na.....mg	561		1	LC	8		320		
Zinc, Zn.....mg	1.33		0	FLC	4		0.76		
Copper, Cu.....mg	0.091		0	FLC	4		0.052		
Manganese, Mn.....mg	0.364		0	FLC	4		0.208		
Selenium, Se.....µg	15.9		0	FLC	4		9.1		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	LC	8		0.0		
Thiamin.....mg	0.470		0	FLC	4		0.268		
Riboflavin.....mg	0.301		0	FLC	4		0.172		
Niacin.....mg	3.670		0	FLC	4		2.092		
Pantothenic acid.....mg	0.645		0	FLC	4		0.368		
Vitamin B-6.....mg	0.113		0	FLC	4		0.064		
Folate, total.....µg	138		0	FLC	4		79		
Folic acid.....µg	54		0	FLC	4		31		
Folate, food.....µg	84		0	FLC	4		48		
Folate, DFE.....mcg_DFE	175		0	NC	4		100		
Choline, total.....mg	2.9		0	FLC	4		1.7		
Betaine.....mg	0.0		0	FLC	4		0.0		
Vitamin B-12.....µg	0.00		0	FLC	4		0.00		
Vitamin B-12, added.....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....µg	0		0	FLC	4		0		
Carotene, beta.....µg	1		0	FLC	4		1		
Carotene, alpha.....µg	0		0	FLC	4		0		
Cryptoxanthin, beta.....µg	0		0	FLC	4		0		
Vitamin A, IU.....IU	2		0	NC	4		1		
Lycopene.....µg	0		0	FLC	4		0		
Lutein + zeaxanthin.....µg	42		0	FLC	4		24		
Vitamin E (alpha-tocopherol).....mg	1.42		0	FLC	4		0.81		
Vitamin E, added.....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	FLC	4		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	FLC	4		0		
Vitamin K (phylloquinone).....µg	5.7		0	FLC	4		3.3		
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									
Lipids:									

NDB No. 18973
 Focaccia, Italian flatbread, plain

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Fatty acids, total saturated.....g	0.877		1	LC	8		0.500		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.000		0	FLC	4		0.000		
12:0.....g	0.001		0	FLC	4		0.001		
13:0.....g									
14:0.....g	0.001		0	FLC	4		0.000		
15:0.....g									
16:0.....g	0.723		0	FLC	4		0.412		
17:0.....g	0.001		0	FLC	4		0.001		
18:0.....g	0.120		0	FLC	4		0.068		
20:0.....g	0.024		0	FLC	4		0.014		
22:0.....g	0.008		0	FLC	4		0.004		
24:0.....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated.....g	5.670		0	FLC	4		3.232		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.138		0	FLC	4		0.079		
17:1.....g	0.009		0	FLC	4		0.005		
18:1 undifferentiated.....g	5.495		0	FLC	4		3.132		
20:1.....g	0.024		0	FLC	4		0.013		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.994		0	FLC	4		0.567		
18:2 undifferentiated.....g	0.923		0	FLC	4		0.526		
18:3 undifferentiated.....g	0.072		0	FLC	4		0.041		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.000		1	LC	8		0.000		
Cholesterol.....mg	0		1	LC	8		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		1	LC	8		0		
Theobromine.....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 57g: 1 piece

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18268

French toast, frozen, ready-to-heat

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	52.60	0.330	66		1		14.91	31.03	
Energy.....kcal	213		0	NC	4		60	126	
Energy.....kJ	891				4		253	526	
Protein (N x 6).....g	7.40	0.058	54		1		2.10	4.37	
Total lipid (fat).....g	6.10	0.148	54		1		1.73	3.60	
Ash.....g	1.80	0.028	54		1		0.51	1.06	
Carbohydrate, by difference.....g	32.10		0	NC	4		9.10	18.94	
Fiber, total dietary.....g	1.1		0		4		0.3	0.7	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	107	2.773	52		1		30	63	
Iron, Fe.....mg	2.21	0.060	63		1		0.63	1.30	
Magnesium, Mg.....mg	17	0.839	26		1		5	10	
Phosphorus, P.....mg	139	2.965	24		1		39	82	
Potassium, K.....mg	134	3.480	46		1		38	79	
Sodium, Na.....mg	495	8.699	46		1		140	292	
Zinc, Zn.....mg	0.77	0.016	15		1		0.22	0.45	
Copper, Cu.....mg	0.084	0.008	24		1		0.024	0.050	
Manganese, Mn.....mg	0.245	0.023	4		1		0.069	0.145	
Selenium, Se.....µg	16.7		1	A	1		4.7	9.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		0	FLA	4		0.1	0.2	
Thiamin.....mg	0.277	0.007	76		1		0.079	0.163	
Riboflavin.....mg	0.381	0.011	76		1		0.108	0.225	
Niacin.....mg	2.722	0.076	70		1		0.772	1.606	
Pantothenic acid.....mg	0.940	0.072	32		1		0.266	0.555	
Vitamin B-6.....mg	0.496	0.021	61		1		0.141	0.293	
Folate, total.....µg	52		0	FLA	4		15	31	
Folic acid.....µg	28		0	NC	4		8	17	
Folate, food.....µg	24	0.760	8		1		7	14	
Folate, DFE.....mcg_DFE	72		0	NC	4		20	42	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.68	0.087	64		1		0.48	0.99	
Vitamin A, RAE.....mcg_RAE	54		0	NC	4		15	32	
Retinol.....µg	53		0	NC	4		15	31	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	187	12.939	39		1		53	110	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.533		0	FLA	4		0.435	0.904	
4:0.....g	0.022		0	FLA	4		0.006	0.013	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
6:0.....g	0.013		0	FLA	4	0.004	0.008
8:0.....g	0.008		0	FLA	4	0.002	0.005
10:0.....g	0.017		0	FLA	4	0.005	0.010
12:0.....g	0.019		0	FLA	4	0.005	0.011
13:0.....g							
14:0.....g	0.077		0	FLA	4	0.022	0.045
15:0.....g							
16:0.....g	0.971		0	FLA	4	0.275	0.573
17:0.....g							
18:0.....g	0.380		0	FLA	4	0.108	0.224
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	2.040		0	FLA	4	0.578	1.204
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.101		0	FLA	4	0.029	0.060
17:1.....g							
18:1 undifferentiated.....g	1.917		0	FLA	4	0.543	1.131
20:1.....g	0.007		0	FLA	4	0.002	0.004
22:1 undifferentiated.....g	0.001		0	FLA	4	0.000	0.001
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	1.227		0	FLA	4	0.348	0.724
18:2 undifferentiated.....g	1.103		0	FLA	4	0.313	0.651
18:3 undifferentiated.....g	0.076		0	FLA	4	0.022	0.045
18:4.....g	0.000		0	FLA	4	0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.036		0	FLA	4	0.010	0.021
20:5 n-3 (EPA).....g	0.001		0	FLA	4	0.000	0.001
22:5 n-3 (DPA).....g	0.000		0	FLA	4	0.000	0.000
22:6 n-3 (DHA).....g	0.009		0	FLA	4	0.003	0.005
Fatty acids, total trans.....g							
Cholesterol.....mg	82		1		1	23	48
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.094		0		1	0.027	0.055
Threonine.....g	0.281		0		1	0.080	0.166
Isoleucine.....g	0.339		0		1	0.096	0.200
Leucine.....g	0.585		0		1	0.166	0.345
Lysine.....g	0.370		0		1	0.105	0.218
Methionine.....g	0.167		0		1	0.047	0.099
Cystine.....g	0.142		0		1	0.040	0.084
Phenylalanine.....g	0.366		0		1	0.104	0.216
Tyrosine.....g	0.268		0		1	0.076	0.158
Valine.....g	0.380		0		1	0.108	0.224
Arginine.....g	0.336		0		1	0.095	0.198
Histidine.....g	0.171		0		1	0.048	0.101
Alanine.....g	0.297		0		1	0.084	0.175
Aspartic acid.....g	0.509		0		1	0.144	0.300
Glutamic acid.....g	1.784		0		1	0.506	1.053
Glycine.....g	0.240		0		1	0.068	0.142
Proline.....g	0.635		0		1	0.180	0.375
Serine.....g	0.420		0		1	0.119	0.248
Hydroxyproline.....g							
Others:							
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0
Caffeine.....mg							
Theobromine.....mg							

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18268

French toast, frozen, ready-to-heat

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 59g: 1 piece

Calories Factors: Protein 4.1

Fat 8.9

Carbohydrate4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18269

French toast, prepared from recipe, made with low fat (2%) milk

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	54.70		0		1		15.51	35.56	
Energy.....kcal	229		0	NC	4		65	149	
Energy.....kJ	958				4		272	623	
Protein (N x 0).....g	7.70		0		1		2.18	5.01	
Total lipid (fat).....g	10.80		0		1		3.06	7.02	
Ash.....g	1.80		0		1		0.51	1.17	
Carbohydrate, by difference.....g	25.00		0	NC	4		7.09	16.25	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	100		0		1		28	65	
Iron, Fe.....mg	1.67		0		1		0.47	1.09	
Magnesium, Mg.....mg	17		0		1		5	11	
Phosphorus, P.....mg	117		0		1		33	76	
Potassium, K.....mg	134		0		1		38	87	
Sodium, Na.....mg	479		0		1		136	311	
Zinc, Zn.....mg	0.67		0		1		0.19	0.44	
Copper, Cu.....mg	0.058		0		1		0.016	0.038	
Manganese, Mn.....mg	0.188		0		1		0.053	0.122	
Selenium, Se.....µg	20.1		0	RK	4		5.7	13.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		0		1		0.1	0.2	
Thiamin.....mg	0.204		0		1		0.058	0.133	
Riboflavin.....mg	0.321		0		1		0.091	0.209	
Niacin.....mg	1.628		0		1		0.462	1.058	
Pantothenic acid.....mg	0.549		0		1		0.156	0.357	
Vitamin B-6.....mg	0.074		0		1		0.021	0.048	
Folate, total.....µg	43		0	RK	4		12	28	
Folic acid.....µg	20		0	NC	4		6	13	
Folate, food.....µg	23		0		1		7	15	
Folate, DFE.....mcg_DFE	57		0	NC	4		16	37	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.31		0		1		0.09	0.20	
Vitamin A, RAE.....mcg_RAE	124		0	NC	4		35	80	
Retinol.....µg	118		0		4		33	77	
Carotene, beta.....µg	66		0	RK	4		19	43	
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	503		0	NC	4		143	327	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	2.723		0		1		0.772	1.770	
4:0.....g	0.021		0		1		0.006	0.014	

NDB No. 18269

French toast, prepared from recipe, made with low fat (2%) milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.012		0		1		0.003	0.008	
8:0.....g	0.008		0		1		0.002	0.005	
10:0.....g	0.017		0		1		0.005	0.011	
12:0.....g	0.019		0		1		0.005	0.012	
13:0.....g									
14:0.....g	0.094		0		1		0.027	0.061	
15:0.....g									
16:0.....g	1.677		0		1		0.475	1.090	
17:0.....g									
18:0.....g	0.860		0		1		0.244	0.559	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.524		0		1		1.283	2.941	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.099		0		1		0.028	0.064	
17:1.....g									
18:1 undifferentiated.....g	4.414		0		1		1.251	2.869	
20:1.....g	0.007		0		1		0.002	0.005	
22:1 undifferentiated.....g	0.001		0		1		0.000	0.001	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.594		0		1		0.735	1.686	
18:2 undifferentiated.....g	2.431		0		1		0.689	1.580	
18:3 undifferentiated.....g	0.115		0		1		0.033	0.075	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.038		0		1		0.011	0.025	
20:5 n-3 (EPA).....g	0.001		0		1		0.000	0.001	
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.010		0		1		0.003	0.007	
Fatty acids, total trans.....g									
Cholesterol.....mg	116		0		1		33	75	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.094		0		1		0.027	0.061	
Threonine.....g	0.305		0		1		0.086	0.198	
Isoleucine.....g	0.375		0		1		0.106	0.244	
Leucine.....g	0.621		0		1		0.176	0.404	
Lysine.....g	0.413		0		1		0.117	0.268	
Methionine.....g	0.188		0		1		0.053	0.122	
Cystine.....g	0.156		0		1		0.044	0.101	
Phenylalanine.....g	0.389		0		1		0.110	0.253	
Tyrosine.....g	0.282		0		1		0.080	0.183	
Valine.....g	0.419		0		1		0.119	0.272	
Arginine.....g	0.364		0		1		0.103	0.237	
Histidine.....g	0.179		0		1		0.051	0.116	
Alanine.....g	0.334		0		1		0.095	0.217	
Aspartic acid.....g	0.578		0		1		0.164	0.376	
Glutamic acid.....g	1.718		0		1		0.487	1.117	
Glycine.....g	0.251		0		1		0.071	0.163	
Proline.....g	0.588		0		1		0.167	0.382	
Serine.....g	0.465		0		1		0.132	0.302	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18269

French toast, prepared from recipe, made with low fat (2%) milk

Measure 2 = 65g: 1 slice

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18642
GENERAL MILLS, BETTY CROCKER SUPERMOIST Yellow Cake Mix, dry
 General Mills Inc.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	4.20		1	A	1		1.81		
Energy.....kcal	413		0	NC	4		178		
Energy.....kJ	1729				4		744		
Protein.....g	3.80		1	A	1		1.63		
Total lipid (fat).....g	8.10		1	A	1		3.48		
Ash.....g	2.60		1	A	1		1.12		
Carbohydrate, by difference.....g	81.30		0	NC	4		34.96		
Fiber, total dietary.....g									
Sugars, total.....g	43.90		1	A	1		18.88		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	161		1	A	1		69		
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	672		1	A	1		289		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Lipids:									
Fatty acids, total saturated.....g	2.280		1	A	1		0.980		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 43g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18603

GEORGE WESTON BAKERIES, Brownberry Sage and Onion Stuffing Mix, dry

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code						

Phytosterols.....mg

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 67g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:0.....g									
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.303		0	NC	4		0.173		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.303		1	MC	9		0.173		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.920		0	NC	4		0.524		
18:2 undifferentiated.....g	0.841		1	MC	9		0.479		
18:3 undifferentiated.....g	0.079		1	MC	9		0.045		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.082		1	MC	9		0.047		
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 57g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18963
Garlic bread, frozen

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	9		0	FLC	4		4	5	
Vitamin K (phylloquinone).....µg	29.5		0	FLC	4	12.7	17.4		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	5.281		0	NC	4	2.271	3.116		
4:0.....g	0.008	0.003	6	A	1	0.003	0.005		
6:0.....g	0.006	0.002	6	A	1	0.003	0.004		
8:0.....g	0.027	0.008	6	A	1	0.012	0.016		
10:0.....g	0.042	0.011	6	A	1	0.018	0.025		
12:0.....g	0.652	0.270	6	A	1	0.280	0.385		
13:0.....g									
14:0.....g	0.334	0.093	6	A	1	0.144	0.197		
15:0.....g	0.008	0.001	6	A	1	0.004	0.005		
16:0.....g	3.350	0.128	6	A	1	1.440	1.976		
17:0.....g	0.017	0.001	6	A	1	0.007	0.010		
18:0.....g	0.737	0.054	6	A	1	0.317	0.435		
20:0.....g	0.047	0.002	6	A	1	0.020	0.028		
22:0.....g	0.036	0.001	6	A	1	0.015	0.021		
24:0.....g	0.015	0.001	6	A	1	0.007	0.009		
Fatty acids, total monounsaturated.....g	4.669		0	NC	4	2.008	2.755		
14:1.....g	0.002	0.001	6	A	1	0.001	0.001		
15:1.....g	0.000	0.000	6	A	1	0.000	0.000		
16:1 undifferentiated.....g	0.032	0.005	6	AS	1	0.014	0.019		
16:1 c.....g	0.030	0.006	6	A	1	0.013	0.018		
16:1 t.....g	0.002	0.001	6	A	1	0.001	0.001		
17:1.....g	0.007	0.001	6	A	1	0.003	0.004		
18:1 undifferentiated.....g	3.882	0.387	6	AS	1	1.669	2.290		
18:1 c.....g	3.698	0.282	6	A	1	1.590	2.182		
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.184	0.142	6	A	1	0.079	0.108		
18:1-11t (18:1t n-7).....g									
20:1.....g	0.735	0.053	6	A	1	0.316	0.434		
22:1 undifferentiated.....g	0.002	0.000	6	AS	1	0.001	0.001		
22:1 c.....g	0.002	0.000	6	A	1	0.001	0.001		
22:1 t.....g	0.000	0.000	6	A	1	0.000	0.000		
24:1 c.....g	0.008	0.002	6	A	1	0.003	0.005		
Fatty acids, total polyunsaturated.....g	5.437		0	NC	4	2.338	3.208		
18:2 undifferentiated.....g	5.382	0.307	6	AS	1	2.314	3.175		
18:2 n-6 c,c.....g	5.317	0.309	6	A	1	2.286	3.137		
18:2 CLAs.....g	0.011	0.001	6	A	1	0.005	0.006		
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.054	0.006	6	A	1	0.023	0.032		
18:3 undifferentiated.....g	0.038	0.012	6	AS	1	0.016	0.023		
18:3 n-3 c,c,c (ALA).....g	0.010	0.010	6	A	1	0.004	0.006		
18:3 n-6 c,c,c.....g	0.029	0.004	6	A	1	0.012	0.017		
18:3i.....g									
18:4.....g	0.000	0.000	6	A	1	0.000	0.000		
20:2 n-6 c,c.....g	0.004	0.000	6	A	1	0.002	0.003		
20:3 undifferentiated.....g	0.003	0.001	6	AS	1	0.001	0.002		
20:3 n-3.....g	0.000	0.000	6	A	1	0.000	0.000		
20:3 n-6.....g	0.003	0.001	6	A	1	0.001	0.002		
20:4 undifferentiated.....g	0.000	0.000	6	A	1	0.000	0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.002	0.001	6	A	1	0.001	0.001		
21:5.....g									
22:4.....g	0.004	0.000	6	A	1	0.002	0.003		
22:5 n-3 (DPA).....g	0.002	0.001	6	A	1	0.001	0.001		

NDB No. 18963
Garlic bread, frozen

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
22:6 n-3 (DHA).....g	0.001	0.000	6	A	1	0.000	0.000	
Fatty acids, total trans.....g	0.240		0	NC	4	0.103	0.141	
Fatty acids, total trans-monoenoic.....g	0.185		0	NC	4	0.080	0.109	
Fatty acids, total trans-polyenoic.....g	0.054		0	NC	4	0.023	0.032	
Cholesterol.....mg	0		0	FLC	4	0	0	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	FLC	4	0.0	0.0	
Caffeine.....mg	0		0	FLC	4	0	0	
Theobromine.....mg	0		0	FLC	4	0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 43g: 1 slice presliced

Measure 2 = 59g: 1 slice

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18640

HEINZ, WEIGHT WATCHER, Chocolate Eclair, frozen

H.J. Heinz, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	47.30		1	MC	9		27.91		
Energy.....kcal	241		0	NC	4		142		
Energy.....kJ	1008		0	NC	4		595		
Protein (N x 6.25).....g	4.40		1	MA	12		2.60		
Total lipid (fat).....g	6.90		1	MA	12		4.07		
Ash.....g	1.30		1	MA	12		0.77		
Carbohydrate, by difference.....g	40.30		0	NC	4		23.78		
Fiber, total dietary.....g	2.1		1	MA	12		1.2		
Sugars, total.....g	16.80		1	MA	12		9.91		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	48		1	MA	12		28		
Iron, Fe.....mg	0.70		1	MA	12		0.41		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	300		1	MA	12		177		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	MA	12		0.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	75		1	MA	12		44		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.400		1	MA	12		0.826		
Fatty acids, total monounsaturated.....g	2.000		1	MA	12		1.180		
Fatty acids, total polyunsaturated.....g	2.900		1	MA	12		1.711		
Fatty acids, total trans.....g	0.200		1	MA	12		0.118		
Cholesterol.....mg	47		1	MA	12		28		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18640

HENZ, WEIGHT WATCHER, Chocolate Eclair, frozen

Common Measures:

Measure 1 = 59g: 1 eclair, frozen

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18270

Hush puppies, prepared from recipe

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	29.00		0		1		8.22	44.08	6.38
Energy.....kcal	337		0	NC	4		96	512	74
Energy.....kJ	1410		0		4		400	2143	310
Protein (N x 0).....g	7.70		0		1		2.18	11.70	1.69
Total lipid (fat).....g	13.50		0		1		3.83	20.52	2.97
Ash.....g	3.90		0		1		1.11	5.93	0.86
Carbohydrate, by difference.....g	46.00		0	NC	4		13.04	69.92	10.12
Fiber, total dietary.....g	2.8		0		1		0.8	4.3	0.6
Sugars, total.....g	2.03		0	RA	4		0.58	3.09	0.45
Starch.....g									
Minerals:									
Calcium, Ca.....mg	278		0		1		79	423	61
Iron, Fe.....mg	3.04		0		1		0.86	4.62	0.67
Magnesium, Mg.....mg	24		0		1		7	36	5
Phosphorus, P.....mg	189		0		1		54	287	42
Potassium, K.....mg	144		0		1		41	219	32
Sodium, Na.....mg	668		0		1		189	1015	147
Zinc, Zn.....mg	0.66		0		1		0.19	1.00	0.15
Copper, Cu.....mg	0.066		0		1		0.019	0.100	0.015
Manganese, Mn.....mg	0.220		0		1		0.062	0.334	0.048
Selenium, Se.....µg	15.8		0	RK	4		4.5	24.0	3.5
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		0		1		0.1	0.3	0.0
Thiamin.....mg	0.352		0		1		0.100	0.535	0.077
Riboflavin.....mg	0.332		0		1		0.094	0.505	0.073
Niacin.....mg	2.782		0		1		0.789	4.229	0.612
Pantothenic acid.....mg	0.357		0		1		0.101	0.543	0.079
Vitamin B-6.....mg	0.102		0		1		0.029	0.155	0.022
Folate, total.....µg	89		0	FLA	4		25	135	20
Folic acid.....µg	69		0	FLA	4		20	105	15
Folate, food.....µg	20		0		1		6	30	4
Folate, DFE.....mcg_DFE	137		0	NC	4		39	209	30
Choline, total.....mg	32.7		0	BFZN	4		9.3	49.7	7.2
Betaine.....mg									
Vitamin B-12.....µg	0.19		0		1		0.05	0.29	0.04
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	41		0	NC	4		12	62	9
Retinol.....µg	38		0	RA	4		11	57	8
Carotene, beta.....µg	27		0	RA	4		8	41	6
Carotene, alpha.....µg	17		0	RA	4		5	26	4
Cryptoxanthin, beta.....µg	1		0	RA	4		0	1	0
Vitamin A, IU.....IU	186		0	NC	4		53	282	41
Lycopene.....µg	0		0	RA	4		0	0	0
Lutein + zeaxanthin.....µg	401		0	RA	4		114	609	88
Vitamin E (alpha-tocopherol).....mg	1.26		0	RA	4		0.36	1.91	0.28
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	23.6		0	RA	4		6.7	35.9	5.2
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Hush puppies, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points					
Fatty acids, total saturated.....g	2.108		0		1	0.598	3.204	0.464
4:0.....g	0.001		0		1	0.000	0.002	0.000
6:0.....g	0.000		0		1	0.000	0.000	0.000
8:0.....g	0.001		0		1	0.000	0.002	0.000
10:0.....g	0.001		0		1	0.000	0.002	0.000
12:0.....g	0.001		0		1	0.000	0.002	0.000
13:0.....g								
14:0.....g	0.018		0		1	0.005	0.027	0.004
15:0.....g								
16:0.....g	1.540		0		1	0.437	2.341	0.339
17:0.....g								
18:0.....g	0.538		0		1	0.153	0.818	0.118
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	3.263		0		1	0.925	4.960	0.718
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.057		0		1	0.016	0.087	0.013
17:1.....g								
18:1 undifferentiated.....g	3.178		0		1	0.901	4.831	0.699
20:1.....g	0.026		0		1	0.007	0.040	0.006
22:1 undifferentiated.....g	0.000		0		1	0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	7.219		0		1	2.047	10.973	1.588
18:2 undifferentiated.....g	6.390		0		1	1.812	9.713	1.406
18:3 undifferentiated.....g	0.811		0		1	0.230	1.233	0.178
18:4.....g	0.000		0		1	0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.015		0		1	0.004	0.023	0.003
20:5 n-3 (EPA).....g	0.000		0		1	0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0		1	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.004		0		1	0.001	0.006	0.001
Fatty acids, total trans.....g								
Cholesterol.....mg	45		0		1	13	68	10
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.082		0		1	0.023	0.125	0.018
Threonine.....g	0.279		0		1	0.079	0.424	0.061
Isoleucine.....g	0.321		0		1	0.091	0.488	0.071
Leucine.....g	0.710		0		1	0.201	1.079	0.156
Lysine.....g	0.310		0		1	0.088	0.471	0.068
Methionine.....g	0.169		0		1	0.048	0.257	0.037
Cystine.....g	0.144		0		1	0.041	0.219	0.032
Phenylalanine.....g	0.382		0		1	0.108	0.581	0.084
Tyrosine.....g	0.289		0		1	0.082	0.439	0.064
Valine.....g	0.388		0		1	0.110	0.590	0.085
Arginine.....g	0.352		0		1	0.100	0.535	0.077
Histidine.....g	0.197		0		1	0.056	0.299	0.043
Alanine.....g	0.383		0		1	0.109	0.582	0.084
Aspartic acid.....g	0.501		0		1	0.142	0.762	0.110
Glutamic acid.....g	1.793		0		1	0.508	2.725	0.394
Glycine.....g	0.268		0		1	0.076	0.407	0.059
Proline.....g	0.693		0		1	0.196	1.053	0.152
Serine.....g	0.412		0		1	0.117	0.626	0.091
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	RA	4	0	0	0
Theobromine.....mg	0		0	RA	4	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18270

Hush puppies, prepared from recipe

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 152g: 1 cup

Measure 3 = 22g: 1 hush puppy

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code	Code					

Phytosterols.....mg

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 43g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18271

Ice cream cones, cake or wafer-type

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	5.30	0.310	13		1		1.50	0.21	1.54
Energy.....kcal	417		0	NC	4		118	17	121
Energy.....kJ	1745		0		4		495	70	506
Protein (N x 5.7).....g	8.10	0.234	11		1		2.30	0.32	2.35
Total lipid (fat).....g	6.90	0.567	10		1		1.96	0.28	2.00
Ash.....g	0.70	0.066	11		1		0.20	0.03	0.20
Carbohydrate, by difference.....g	79.00		0	NC	4		22.40	3.16	22.91
Fiber, total dietary.....g	3.0		0		1		0.9	0.1	0.9
Sugars, total.....g	6.00		0	FLC	4		1.70	0.24	1.74
Starch.....g									
Minerals:									
Calcium, Ca.....mg	25	1.229	13		1		7	1	7
Iron, Fe.....mg	3.60	0.116	12		1		1.02	0.14	1.04
Magnesium, Mg.....mg	26	1.518	13		1		7	1	8
Phosphorus, P.....mg	97	3.302	13		1		27	4	28
Potassium, K.....mg	112	5.610	13		1		32	4	32
Sodium, Na.....mg	256		0	LC	8		73	10	74
Zinc, Zn.....mg	0.67	0.038	14		1		0.19	0.03	0.19
Copper, Cu.....mg	0.204	0.026	10		1		0.058	0.008	0.059
Manganese, Mn.....mg	0.572	0.032	12		1		0.162	0.023	0.166
Selenium, Se.....µg	4.8		1	A	1		1.4	0.2	1.4
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0	0.0	0.0
Thiamin.....mg	0.250	0.027	11		1		0.071	0.010	0.073
Riboflavin.....mg	0.354	0.024	19		1		0.100	0.014	0.103
Niacin.....mg	4.427	0.145	18		1		1.255	0.177	1.284
Pantothenic acid.....mg	0.479	0.016	8		1		0.136	0.019	0.139
Vitamin B-6.....mg	0.030	0.003	9		1		0.009	0.001	0.009
Folate, total.....µg	173		0	FLC	4		49	7	50
Folic acid.....µg	168		0		4		48	7	49
Folate, food.....µg	5	0.067	8		1		1	0	1
Folate, DFE.....mcg_DFE	291		0	NC	4		82	12	84
Choline, total.....mg	9.4		0	FLC	4		2.7	0.4	2.7
Betaine.....mg									
Vitamin B-12.....µg	0.00		1		1		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....µg	0		0	FLC	4		0	0	0
Carotene, beta.....µg	0		0	FLC	4		0	0	0
Carotene, alpha.....µg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	FLC	4		0	0	0
Vitamin A, IU.....IU	0		0	NC	4		0	0	0
Lycopene.....µg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin.....µg	17		0	FLC	4		5	1	5
Vitamin E (alpha-tocopherol).....mg	0.78		0	FLC	4		0.22	0.03	0.23
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	1.8		0	FLC	4		0.5	0.1	0.5
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									
Lipids:									

Ice cream cones, cake or wafer-type

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.222		0	FLA	4		0.346	0.049	0.354
4:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
12:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.018		0	FLA	4		0.005	0.001	0.005
15:0.....g									
16:0.....g	0.976		0	FLA	4		0.277	0.039	0.283
17:0.....g									
18:0.....g	0.228		0	FLA	4		0.065	0.009	0.066
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.845		0	FLA	4		0.523	0.074	0.535
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012		0	FLA	4		0.003	0.000	0.003
17:1.....g									
18:1 undifferentiated.....g	1.833		0	FLA	4		0.520	0.073	0.532
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.264		0	FLA	4		0.925	0.131	0.947
18:2 undifferentiated.....g	3.076		0	FLA	4		0.872	0.123	0.892
18:3 undifferentiated.....g	0.188		0	FLA	4		0.053	0.008	0.055
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.094		0		1		0.027	0.004	0.027
Threonine.....g	0.217		0		1		0.062	0.009	0.063
Isoleucine.....g	0.301		0		1		0.085	0.012	0.087
Leucine.....g	0.561		0		1		0.159	0.022	0.163
Lysine.....g	0.157		0		1		0.045	0.006	0.046
Methionine.....g	0.142		0		1		0.040	0.006	0.041
Cystine.....g	0.182		0		1		0.052	0.007	0.053
Phenylalanine.....g	0.400		0		1		0.113	0.016	0.116
Tyrosine.....g	0.222		0		1		0.063	0.009	0.064
Valine.....g	0.340		0		1		0.096	0.014	0.099
Arginine.....g	0.282		0		1		0.080	0.011	0.082
Histidine.....g	0.172		0		1		0.049	0.007	0.050
Alanine.....g	0.248		0		1		0.070	0.010	0.072
Aspartic acid.....g	0.328		0		1		0.093	0.013	0.095
Glutamic acid.....g	2.845		0		1		0.807	0.114	0.825
Glycine.....g	0.278		0		1		0.079	0.011	0.081
Proline.....g	0.954		0		1		0.270	0.038	0.277
Serine.....g	0.393		0		1		0.111	0.016	0.114
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0	0
Theobromine.....mg	0		0	FLC	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18271

Ice cream cones, cake or wafer-type

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code						

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 28.35g: 1 oz
- Measure 2 = 4.0g: 1 cone
- Measure 3 = 29g: 1 large waffle cone

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18272

Ice cream cones, sugar, rolled-type

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.00	0.239	13		1		0.85	0.30	
Energy.....kcal	402		0	NC	4		114	40	
Energy.....kJ	1682		0		4		477	168	
Protein (N x 5.7).....g	7.90	0.212	13		1		2.24	0.79	
Total lipid (fat).....g	3.80	0.256	14		1		1.08	0.38	
Ash.....g	1.10	0.098	13		1		0.31	0.11	
Carbohydrate, by difference.....g	84.10		0	NC	4		23.84	8.41	
Fiber, total dietary.....g	1.7		0		4		0.5	0.2	
Sugars, total.....g	25.66		0	FLC	4		7.27	2.57	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	44	3.403	13		1		12	4	
Iron, Fe.....mg	4.43	0.422	13		1		1.26	0.44	
Magnesium, Mg.....mg	31	1.440	13		1		9	3	
Phosphorus, P.....mg	103	3.895	13		1		29	10	
Potassium, K.....mg	145	6.381	13		1		41	15	
Sodium, Na.....mg	251		0	LC	8		71	25	
Zinc, Zn.....mg	0.75	0.037	14		1		0.21	0.08	
Copper, Cu.....mg	0.268	0.050	10		1		0.076	0.027	
Manganese, Mn.....mg	0.732	0.044	13		1		0.208	0.073	
Selenium, Se.....µg	4.8		1	A	1		1.4	0.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0	0.0	
Thiamin.....mg	0.511	0.042	9		1		0.145	0.051	
Riboflavin.....mg	0.405	0.038	9		1		0.115	0.041	
Niacin.....mg	5.066	0.356	10		1		1.436	0.507	
Pantothenic acid.....mg	0.429	0.029	9		1		0.122	0.043	
Vitamin B-6.....mg	0.052	0.001	9		1		0.015	0.005	
Folate, total.....µg	140		0	FLC	4		40	14	
Folic acid.....µg	136		0		4		39	14	
Folate, food.....µg	5	0.060	8		1		1	1	
Folate, DFE.....mcg_DFE	236		0	NC	4		67	24	
Choline, total.....mg	8.5		0	FLC	4		2.4	0.9	
Betaine.....mg									
Vitamin B-12.....µg	0.00		1		1		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	FLC	4		0	0	
Carotene, beta.....µg	0		0	FLC	4		0	0	
Carotene, alpha.....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLC	4		0	0	
Vitamin A, IU.....IU	0		0	NC	4		0	0	
Lycopene.....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....µg	14		0	FLC	4		4	1	
Vitamin E (alpha-tocopherol).....mg	0.07		0	FLC	4		0.02	0.01	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	1.5		0	FLC	4		0.4	0.2	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Ice cream cones, sugar, rolled-type

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.573		0		1		0.162	0.057	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.003		0		1		0.001	0.000	
15:0.....g									
16:0.....g	0.400		0		1		0.113	0.040	
17:0.....g									
18:0.....g	0.170		0		1		0.048	0.017	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.470		0		1		0.417	0.147	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.013		0		1		0.004	0.001	
17:1.....g									
18:1 undifferentiated.....g	1.457		0		1		0.413	0.146	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.452		0		1		0.412	0.145	
18:2 undifferentiated.....g	1.355		0		1		0.384	0.136	
18:3 undifferentiated.....g	0.097		0		1		0.027	0.010	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.092		0		1		0.026	0.009	
Threonine.....g	0.211		0		1		0.060	0.021	
Isoleucine.....g	0.293		0		1		0.083	0.029	
Leucine.....g	0.547		0		1		0.155	0.055	
Lysine.....g	0.153		0		1		0.043	0.015	
Methionine.....g	0.139		0		1		0.039	0.014	
Cystine.....g	0.178		0		1		0.050	0.018	
Phenylalanine.....g	0.390		0		1		0.111	0.039	
Tyrosine.....g	0.217		0		1		0.062	0.022	
Valine.....g	0.332		0		1		0.094	0.033	
Arginine.....g	0.275		0		1		0.078	0.028	
Histidine.....g	0.168		0		1		0.048	0.017	
Alanine.....g	0.242		0		1		0.069	0.024	
Aspartic acid.....g	0.319		0		1		0.090	0.032	
Glutamic acid.....g	2.774		0		1		0.786	0.277	
Glycine.....g	0.271		0		1		0.077	0.027	
Proline.....g	0.931		0		1		0.264	0.093	
Serine.....g	0.383		0		1		0.109	0.038	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18272

Ice cream cones, sugar, rolled-type

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code						

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 10.0g: 1 cone

Calories Factors: Protein 4

Fat 8.8

Carbohydrate4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18608

KEEBLER, KEEBLER Chocolate Graham SELECTS

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number			Source	Confidence	measures of food		
			Points	Code	Code			Measure 1	Measure 2	Measure 3

Phytosterols.....mg

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18609

KEEBLER, KEEBLER GOLDEN Vanilla Wafers, Artificially Flavored

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code	Code					

Phytosterols.....mg

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18512

KELLOGG'S Eggo Golden Oat Waffles

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	50.60		0	MC	9		17.71	35.42	
Energy.....kcal	198		0	MC	9		69	139	
Energy.....kJ	828				9		290	580	
Protein.....g	6.83		0	MC	9		2.39	4.78	
Total lipid (fat).....g	3.22		0	MC	9		1.13	2.25	
Ash.....g	1.83		0	MC	9		0.64	1.28	
Carbohydrate, by difference.....g	37.52		0	MC	9		13.13	26.26	
Fiber, total dietary.....g	3.5		0	MC	9		1.2	2.5	
Sugars, total.....g	3.47		0	MC	9		1.21	2.43	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	66		0	MC	9		23	46	
Iron, Fe.....mg	4.60		0	MC	9		1.61	3.22	
Magnesium, Mg.....mg	44		0	MC	9		15	31	
Phosphorus, P.....mg	323		0	MC	9		113	226	
Potassium, K.....mg	191		0	MC	9		67	134	
Sodium, Na.....mg	385		0	MC	9		135	270	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.8		0	MC	9		0.3	0.6	
Thiamin.....mg	0.400		0	MC	9		0.140	0.280	
Riboflavin.....mg	0.500		0	MC	9		0.175	0.350	
Niacin.....mg	5.100		0	MC	9		1.785	3.570	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.500		0	MC	9		0.175	0.350	
Folate, total.....µg	41		0	MC	9		14	29	
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.50		0	MC	9		0.53	1.05	
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	1282		0	MC	9		449	897	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.600		0	MC	9		0.210	0.420	
Fatty acids, total monounsaturated.....g	1.067		0	MC	9		0.373	0.747	
Fatty acids, total polyunsaturated.....g	1.067		0	MC	9		0.373	0.747	
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0	MC	9		0	1	
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18512

KELLOGG'S Eggo Golden Oat Waffles

Common Measures:

Measure 1 = 35g: 1 waffle, round (4" dia) (include frozen)

Measure 2 = 70g: 1 serving

Footnotes:

1 Serving equals 2 waffles

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18507

KELLOGG'S Eggo Lowfat Blueberry Nutri-Grain Waffles

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	46.06		0	MC	9		16.12	32.24	
Energy.....kcal	208		0	MC	9		73	146	
Energy.....kJ	870				9		305	609	
Protein.....g	5.95		0	MC	9		2.08	4.17	
Total lipid (fat).....g	2.83		0	MC	9		0.99	1.98	
Ash.....g	2.45		0	MC	9		0.86	1.72	
Carbohydrate, by difference.....g	42.71		0	MC	9		14.95	29.90	
Fiber, total dietary.....g	3.5		0	MC	9		1.2	2.5	
Sugars, total.....g	8.89		0	MC	9		3.11	6.22	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	61		0	MC	9		21	43	
Iron, Fe.....mg	4.62		0	MC	9		1.62	3.23	
Magnesium, Mg.....mg	54		0	MC	9		19	38	
Phosphorus, P.....mg	77		0	MC	9		27	54	
Potassium, K.....mg	68		0	MC	9		24	48	
Sodium, Na.....mg	591		0	MC	9		207	414	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0	0.0	
Thiamin.....mg	0.380		0	MC	9		0.133	0.266	
Riboflavin.....mg	0.440		0	MC	9		0.154	0.308	
Niacin.....mg	5.130		0	MC	9		1.796	3.591	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.510		0	MC	9		0.179	0.357	
Folate, total.....µg	51		0	MC	9		18	36	
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.54		0	MC	9		0.54	1.08	
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	1282		0	MC	9		449	897	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.410		0	MC	9		0.144	0.287	
Fatty acids, total monounsaturated.....g	1.150		0	MC	9		0.403	0.805	
Fatty acids, total polyunsaturated.....g	0.800		0	MC	9		0.280	0.560	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0	0	
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18507

KELLOGG'S Eggo Low fat Blueberry Nutri-Grain Waffles

Common Measures:

Measure 1 = 35g: 1 waffle, round (4" dia) (include frozen)

Measure 2 = 70g: 1 serving

Footnotes:

1 Serving equals 2 waffles

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18505

KELLOGG'S Eggo Lowfat Homestyle Waffles

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	43.44		0	MC	9		15.20	30.41	
Energy.....kcal	236		0	MC	9		83	165	
Energy.....kJ	987				9		346	691	
Protein.....g	7.06		0	MC	9		2.47	4.94	
Total lipid (fat).....g	3.56		0	MC	9		1.25	2.49	
Ash.....g	1.79		0	MC	9		0.63	1.25	
Carbohydrate, by difference.....g	44.15		0	MC	9		15.45	30.91	
Fiber, total dietary.....g	1.0		0	MC	9		0.4	0.7	
Sugars, total.....g	2.92		0	MC	9		1.02	2.04	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	58		0	MC	9		20	41	
Iron, Fe.....mg	5.56		0	MC	9		1.95	3.89	
Magnesium, Mg.....mg	68		0	MC	9		24	48	
Phosphorus, P.....mg	81		0	MC	9		28	57	
Potassium, K.....mg	143		0	MC	9		50	100	
Sodium, Na.....mg	442		0	MC	9		155	309	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0	0.0	
Thiamin.....mg	0.880		0	MC	9		0.308	0.616	
Riboflavin.....mg	0.740		0	MC	9		0.259	0.518	
Niacin.....mg	7.410		0	MC	9		2.594	5.187	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.470		0	MC	9		0.165	0.329	
Folate, total.....µg	77		0	MC	9		27	54	
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.57		0	MC	9		0.55	1.10	
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	1447		0	MC	9		506	1013	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.900		0	MC	9		0.315	0.630	
Fatty acids, total monounsaturated.....g	1.000		0	MC	9		0.350	0.700	
Fatty acids, total polyunsaturated.....g	1.070		0	MC	9		0.375	0.749	
Fatty acids, total trans.....g									
Cholesterol.....mg	25		0	MC	9		9	18	
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18505

KELLOGG'S Eggo Lowfat Homestyle Waffles

Common Measures:

Measure 1 = 35g: 1 round waffle (4" dia) (include frozen)

Measure 2 = 70g: 1 serving

Footnotes:

1 Serving equals 2 waffles

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18506

KELLOGG'S Eggo Lowfat Nutri-Grain Waffles

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	47.75		0	MC	9		16.71	33.43	
Energy.....kcal	203		0	MC	9		71	142	
Energy.....kJ	849		0	MC	9		297	594	
Protein.....g	6.28		0	MC	9		2.20	4.40	
Total lipid (fat).....g	3.20		0	MC	9		1.12	2.24	
Ash.....g	2.50		0	MC	9		0.88	1.75	
Carbohydrate, by difference.....g	40.27		0	MC	9		14.09	28.19	
Fiber, total dietary.....g	3.7		0	MC	9		1.3	2.6	
Sugars, total.....g	5.73		0	MC	9		2.01	4.01	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	61		0	MC	9		21	43	
Iron, Fe.....mg	4.62		0	MC	9		1.62	3.23	
Magnesium, Mg.....mg	56		0	MC	9		20	39	
Phosphorus, P.....mg	81		0	MC	9		28	57	
Potassium, K.....mg	72		0	MC	9		25	50	
Sodium, Na.....mg	559		0	MC	9		196	391	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0	0.0	
Thiamin.....mg	0.380		0	MC	9		0.133	0.266	
Riboflavin.....mg	0.440		0	MC	9		0.154	0.308	
Niacin.....mg	5.130		0	MC	9		1.796	3.591	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.510		0	MC	9		0.179	0.357	
Folate, total.....µg	51		0	MC	9		18	36	
Folic acid.....µg									
Folate, food.....µg	51		0	MC	9		18	36	
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.54		0	MC	9		0.54	1.08	
Vitamin A, RAE.....mcg_RAE									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	1282		0	MC	9		449	897	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.470		0	MC	9		0.165	0.329	
Fatty acids, total monounsaturated.....g	1.340		0	MC	9		0.469	0.938	

NDB No. 18506

KELLOGG'S Eggo Lowfat Nutri-Grain Waffles

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number			<u>measures of food</u>			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
Fatty acids, total polyunsaturated.....g	0.900		0	MC	9		0.315	0.630	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0	0	
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 35g: 1 waffle, round (4" dia) (include frozen)

Measure 2 = 70g: 1 serving

Footnotes:

1 Serving equals 2 waffles

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18508

KELLOGG'S Pop-Tarts Pastry Swirls, Apple Cinnamon Danish

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	16.80		0	MC	9		10.42		
Energy.....kcal	413		0	MC	9		256		
Energy.....kJ	1728				9		1071		
Protein.....g	4.80		0	MC	9		2.98		
Total lipid (fat).....g	17.70		0	MC	9		10.97		
Ash.....g	1.00		0	MC	9		0.62		
Carbohydrate, by difference.....g	59.70		0	MC	9		37.01		
Fiber, total dietary.....g	1.4		0	MC	9		0.9		
Sugars, total.....g	17.70		0	MC	9		10.97		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	32		0	MC	9		20		
Iron, Fe.....mg	1.74		0	MC	9		1.08		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	306		0	MC	9		190		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	0		0	MC	9		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	4.800		0	MC	9		2.976		
Fatty acids, total monounsaturated.....g	5.800		0	MC	9		3.596		
Fatty acids, total polyunsaturated.....g	7.100		0	MC	9		4.402		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18508

KELLOGG'S Pop-Tarts Pastry Swirls, Apple Cinnamon Danish

Common Measures:

Measure 1 = 62g: 1 pastry

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18510

KELLOGG'S Pop-Tarts Pastry Swirls, Cheese Danish

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	16.85		0	MC	9		10.45		
Energy.....kcal	407		0	MC	9		252		
Energy.....kJ	1703				9		1056		
Protein.....g	4.80		0	MC	9		2.98		
Total lipid (fat).....g	17.70		0	MC	9		10.97		
Ash.....g	1.55		0	MC	9		0.96		
Carbohydrate, by difference.....g	59.10		0	MC	9		36.64		
Fiber, total dietary.....g	0.5		0	MC	9		0.3		
Sugars, total.....g	19.40		0	MC	9		12.03		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	64		0	MC	9		40		
Iron, Fe.....mg	1.74		0	MC	9		1.08		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	290		0	MC	9		180		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	0		0	MC	9		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	4.800		0	MC	9		2.976		
Fatty acids, total monounsaturated.....g	5.800		0	MC	9		3.596		
Fatty acids, total polyunsaturated.....g	7.100		0	MC	9		4.402		
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0	MC	9		1		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18510

KELLOGG'S Pop-Tarts Pastry Swirls, Cheese Danish

Common Measures:

Measure 1 = 62g: 1 pastry

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18509

KELLOGG'S Pop-Tarts Pastry Swirls, Strawberry Danish

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	16.32		0	MC	9		10.12		
Energy.....kcal	410		0	MC	9		254		
Energy.....kJ	1715				9		1064		
Protein.....g	4.80		0	MC	9		2.98		
Total lipid (fat).....g	17.70		0	MC	9		10.97		
Ash.....g	1.18		0	MC	9		0.73		
Carbohydrate, by difference.....g	60.00		0	MC	9		37.20		
Fiber, total dietary.....g	1.8		0	MC	9		1.1		
Sugars, total.....g	25.80		0	MC	9		16.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	32		0	MC	9		20		
Iron, Fe.....mg	1.74		0	MC	9		1.08		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	274		0	MC	9		170		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	0		0	MC	9		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	4.800		0	MC	9		2.976		
Fatty acids, total monounsaturated.....g	5.800		0	MC	9		3.596		
Fatty acids, total polyunsaturated.....g	7.100		0	MC	9		4.402		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18509

KELLOGG'S Pop-Tarts Pastry Swirls, Strawberry Danish

Common Measures:

Measure 1 = 62g: 1 pastry

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18501

KELLOGG, KELLOG'S NUTRI-GRAIN CEREAL BARS, Mixed Berry

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	14.50		0	MC	9		16.82		
Energy.....kcal	370		0	MC	9		429		
Energy.....kJ	1548		0	MC	9		1796		
Protein.....g	4.30		0	MC	9		4.99		
Total lipid (fat).....g	7.60		0	MC	9		8.82		
Ash.....g	0.80		0	MC	9		0.93		
Carbohydrate, by difference.....g	72.80		0	MC	9		84.45		
Fiber, total dietary.....g	1.9		0	MC	9		2.2		
Sugars, total.....g	33.60		0	MC	9		38.98		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	39		0	MC	9		45		
Iron, Fe.....mg	4.90		0	MC	9		5.68		
Magnesium, Mg.....mg	26		0	MC	9		30		
Phosphorus, P.....mg	98		0	MC	9		114		
Potassium, K.....mg	188		0	MC	9		218		
Sodium, Na.....mg	284		0	MC	9		329		
Zinc, Zn.....mg	4.10		0	MC	9		4.76		
Copper, Cu.....mg	0.100		0	MC	9		0.116		
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	1.000		0	MC	9		1.160		
Riboflavin.....mg	1.100		0	MC	9		1.276		
Niacin.....mg	13.500		0	MC	9		15.660		
Pantothenic acid.....mg	0.000		0	MC	9		0.000		
Vitamin B-6.....mg	1.400		0	MC	9		1.624		
Folate, total.....µg	108		0	MC	9		125		
Folic acid.....µg									
Folate, food.....µg	108		0	MC	9		125		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....mcg_RAE									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	2027		0	MC	9		2351		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.500		0	MC	9		1.740		
Fatty acids, total monounsaturated.....g	5.000		0	MC	9		5.800		

NDB No. 18501

KELLOGG, KELLOG'S NUTRI-GRAIN CEREAL BARS, Mixed Berry

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	<u>measures of food</u>		
							Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	1.100		0	MC	9		1.276		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 116g: 1 bar (NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18500

KELLOGG, KELLOGG'S EGGO, Banana Bread Waffles

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	41.20		0	MC	9		32.14		
Energy.....kcal	272		0	MC	9		212		
Energy.....kJ	1138				9		888		
Protein.....g	6.80		0	MC	9		5.30		
Total lipid (fat).....g	9.50		0	MC	9		7.41		
Ash.....g	0.90		0	MC	9		0.70		
Carbohydrate, by difference.....g	41.60		0	MC	9		32.45		
Fiber, total dietary.....g	2.5		0	MC	9		2.0		
Sugars, total.....g	6.70		0	MC	9		5.23		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	51		0	MC	9		40		
Iron, Fe.....mg	4.60		0	MC	9		3.59		
Magnesium, Mg.....mg	18		0	MC	9		14		
Phosphorus, P.....mg	341		0	MC	9		266		
Potassium, K.....mg	180		0	MC	9		140		
Sodium, Na.....mg	359		0	MC	9		280		
Zinc, Zn.....mg	0.60		0	MC	9		0.47		
Copper, Cu.....mg	0.000		0	MC	9		0.000		
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.4		0	MC	9		1.1		
Thiamin.....mg	0.400		0	MC	9		0.312		
Riboflavin.....mg	0.400		0	MC	9		0.312		
Niacin.....mg	5.100		0	MC	9		3.978		
Pantothenic acid.....mg	0.000		0	MC	9		0.000		
Vitamin B-6.....mg	0.500		0	MC	9		0.390		
Folate, total.....µg	51		0	MC	9		40		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.50		0	MC	9		1.17		
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	1282		0	MC	9		1000		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.710		0	MC	9		1.334		
Fatty acids, total monounsaturated.....g	5.280		0	MC	9		4.118		
Fatty acids, total polyunsaturated.....g	2.510		0	MC	9		1.958		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18500

KELLOGG, KELLOGG'S EGGO, Banana Bread Waffles

Common Measures:

Measure 1 = 78g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18499

KELLOGG, KELLOGG'S EGGO, Buttermilk Pancake

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	47.20		0	MC	9		54.75		
Energy.....kcal	233		0	MC	9		270		
Energy.....kJ	975		0	MC	9		1131		
Protein.....g	6.00		0	MC	9		6.96		
Total lipid (fat).....g	6.69		0	MC	9		7.76		
Ash.....g	1.96		0	MC	9		2.27		
Carbohydrate, by difference.....g	38.10		0	MC	9		44.20		
Fiber, total dietary.....g	1.1		0	MC	9		1.3		
Sugars, total.....g	8.20		0	MC	9		9.51		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	35		0	MC	9		41		
Iron, Fe.....mg	3.10		0	MC	9		3.60		
Magnesium, Mg.....mg	18		0	MC	9		21		
Phosphorus, P.....mg	341		0	MC	9		396		
Potassium, K.....mg	103		0	MC	9		119		
Sodium, Na.....mg	508		0	MC	9		589		
Zinc, Zn.....mg	0.60		0	MC	9		0.70		
Copper, Cu.....mg	0.000		0	MC	9		0.000		
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.4		0	MC	9		1.6		
Thiamin.....mg	0.260		0	MC	9		0.302		
Riboflavin.....mg	0.290		0	MC	9		0.336		
Niacin.....mg	3.450		0	MC	9		4.002		
Pantothenic acid.....mg	0.000		0	MC	9		0.000		
Vitamin B-6.....mg	0.350		0	MC	9		0.406		
Folate, total.....µg	52		0	MC	9		60		
Folic acid.....µg									
Folate, food.....µg	52		0	MC	9		60		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.03		0	MC	9		1.19		
Vitamin A, RAE.....mcg_RAE									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	862		0	MC	9		1000		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.440		0	MC	9		1.670		
Fatty acids, total monounsaturated.....g	2.940		0	MC	9		3.410		

NDB No. 18499

KELLOGG, KELLOGG'S EGGO, Buttermilk Pancake

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food		
						Confidence Code	Measure 1	Measure 2
Fatty acids, total polyunsaturated.....g	2.130		0	MC	9		2.471	
Fatty acids, total trans.....g								
Cholesterol.....mg	11		0	MC	9		13	
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 116g: 3 pancakes (NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18637

KRAFT FOODS, SHAKE 'N' BAKE ORIGINAL RECIPE, Coating for Pork, dry

Kraft Foods, Inc.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.20		1	A	1		0.90		
Energy.....kcal	377		0	NC	4		106		
Energy.....kJ	1577		0		4		442		
Protein.....g	6.10		1	A	1		1.71		
Total lipid (fat).....g	3.70		1	A	1		1.04		
Ash.....g	7.20		1	A	1		2.02		
Carbohydrate, by difference.....g	79.80		0	NC	4		22.34		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	2182		0	LC	8		611		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18567

KRAFT, STOVETOP Stuffing Mix Chicken Flavor

Kraft Foods, Inc.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	5.30		0	MC	9		1.48		
Energy.....kcal	381		0	MC	9		107		
Energy.....kJ	1594				9		446		
Protein.....g	12.60		0	MC	9		3.53		
Total lipid (fat).....g	4.10		0	NR	4		1.15		
Ash.....g	4.80		0	MC	9		1.34		
Carbohydrate, by difference.....g	73.10		0	MC	9		20.47		
Fiber, total dietary.....g	2.5		0	MC	9		0.7		
Sugars, total.....g	10.10		0	MC	9		2.83		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	63		0	MC	9		18		
Iron, Fe.....mg	4.32		0	MC	9		1.21		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	129		0	MC	9		36		
Potassium, K.....mg	267		0	MC	9		75		
Sodium, Na.....mg	1532		0	MC	9		429		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	3.3		0	MC	9		0.9		
Thiamin.....mg	0.390		0	MC	9		0.109		
Riboflavin.....mg	0.290		0	MC	9		0.081		
Niacin.....mg	3.840		0	MC	9		1.075		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg	80		0	MC	9		22		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	107		0	MC	9		30		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.800		0	MC	9		0.224		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	4		0	MC	9		1		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18567

KRAFT, STOVETOP Stuffing Mix Chicken Flavor

Common Measures:

Measure 1 = 28g: 1 NLEA serving (makes 1/2 cup prepared)

Footnotes:

1 1/6 BOX (makes 1/2 cup prepared)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18978
 Kashi Blueberry Waffle
 Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	49.50		1	MC	9		35.64		
Energy.....kcal	192		1	MC	9		138		
Energy.....kJ	803		0	MC	9		578		
Protein (N x 6.25).....g	5.70		1	MC	9		4.10		
Total lipid (fat).....g	7.10		1	MC	9		5.11		
Ash.....g									
Carbohydrate, by difference.....g	34.60		1	MC	9		24.91		
Fiber, total dietary.....g	9.0		1	MC	9		6.5		
Sugars, total.....g	4.60		1	MC	9		3.31		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	51		1	MC	9		37		
Iron, Fe.....mg	1.90		1	MC	9		1.37		
Magnesium, Mg.....mg	37		1	MC	9		27		
Phosphorus, P.....mg	361		1	MC	9		260		
Potassium, K.....mg	171		1	MC	9		123		
Sodium, Na.....mg	476		1	MC	9		343		
Zinc, Zn.....mg	1.00		1	MC	9		0.72		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.0		1	MC	9		0.7		
Thiamin.....mg	0.150		1	MC	9		0.108		
Riboflavin.....mg	0.050		1	MC	9		0.036		
Niacin.....mg	1.600		1	MC	9		1.152		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.030		1	MC	9		0.022		
Folate, total.....µg	15		1	MC	9		11		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		1	MC	9		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	NR	4		0		
Vitamin A, IU.....IU	5		1	MC	9		4		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.00		1	MC	9		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		1	MC	9		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.700		1	MC	9		0.504		
Fatty acids, total monounsaturated.....g	3.400		1	MC	9		2.448		
Fatty acids, total polyunsaturated.....g	2.300		1	MC	9		1.656		
Fatty acids, total trans.....g	0.100		1	MC	9		0.072		
Cholesterol.....mg	0		1	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18978
Kashi Blueberry Waffle

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 72g: 2 pieces

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18979
Kashi H2H Woven Wheat Cracker Original
Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.00		1	MC	9		0.90		
Energy.....kcal	396		1	MC	9		119		
Energy.....kJ	1657		0	MC	9		497		
Protein (N x 6.25).....g	10.60		1	MC	9		3.18		
Total lipid (fat).....g	11.60		1	MC	9		3.48		
Ash.....g	1.40		1	MC	9		0.42		
Carbohydrate, by difference.....g	73.40		1	MC	9		22.02		
Fiber, total dietary.....g	12.2		1	MC	9		3.7		
Sugars, total.....g	0.40		1	MC	9		0.12		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	40		1	MC	9		12		
Iron, Fe.....mg	6.00		1	MC	9		1.80		
Magnesium, Mg.....mg	86		1	MC	9		26		
Phosphorus, P.....mg	386		1	MC	9		116		
Potassium, K.....mg	418		1	MC	9		125		
Sodium, Na.....mg	283		1	MC	9		85		
Zinc, Zn.....mg	3.30		1	MC	9		0.99		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	20.0		1	MC	9		6.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg	1.700		1	MC	9		0.510		
Folate, total.....µg	333		1	MC	9		100		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	5.00		1	MC	9		1.50		
Vitamin A, RAE.....mcg_RAE	0		0	NR	4		0		
Vitamin A, IU.....IU	2500		1	MC	9		750		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	25.00		1	MC	9		7.50		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.100		1	MC	9		0.330		
Fatty acids, total monounsaturated.....g	6.000		1	MC	9		1.800		
Fatty acids, total polyunsaturated.....g	4.500		1	MC	9		1.350		
Fatty acids, total trans.....g	0.000		1	MC	9		0.000		
Cholesterol.....mg	0		1	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18979

Kashi H2H Woven Wheat Cracker Original

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code						

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 7 cracker

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18982
Kashi H2H Woven Wheat Cracker Roasted Garlic
Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.00		1	MC	9		0.90		
Energy.....kcal	395		1	MC	9		119		
Energy.....kJ	1653		0	MC	9		496		
Protein (N x 6.25).....g	10.50		1	MC	9		3.15		
Total lipid (fat).....g	11.70		1	MC	9		3.51		
Ash.....g	1.60		1	MC	9		0.48		
Carbohydrate, by difference.....g	73.20		1	MC	9		21.96		
Fiber, total dietary.....g	12.2		1	MC	9		3.7		
Sugars, total.....g	0.60		1	MC	9		0.18		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	53		1	MC	9		16		
Iron, Fe.....mg	6.00		1	MC	9		1.80		
Magnesium, Mg.....mg	87		1	MC	9		26		
Phosphorus, P.....mg	380		1	MC	9		114		
Potassium, K.....mg	436		1	MC	9		131		
Sodium, Na.....mg	240		1	MC	9		72		
Zinc, Zn.....mg	3.30		1	MC	9		0.99		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	20.0		1	MC	9		6.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg	1.700		1	MC	9		0.510		
Folate, total.....µg	333		1	MC	9		100		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	5.00		1	MC	9		1.50		
Vitamin A, RAE.....mcg_RAE	0		0	NR	4		0		
Vitamin A, IU.....IU	2500		1	MC	9		750		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	25.00		1	MC	9		7.50		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		1	MC	9		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.100		1	MC	9		0.330		
Fatty acids, total monounsaturated.....g	6.100		1	MC	9		1.830		
Fatty acids, total polyunsaturated.....g	4.600		1	MC	9		1.380		
Fatty acids, total trans.....g	0.000		1	MC	9		0.000		
Cholesterol.....mg	0		1	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18982

Kashi H2H Woven Wheat Cracker Roasted Garlic

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 7 cracker

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18980
 Kashi Original Waffle
 Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	47.70		1	MC	9		34.34		
Energy.....kcal	197		1	MC	9		142		
Energy.....kJ	824		0	MC	9		593		
Protein (N x 6.25).....g	6.00		1	MC	9		4.32		
Total lipid (fat).....g	7.40		1	MC	9		5.33		
Ash.....g									
Carbohydrate, by difference.....g	35.40		1	MC	9		25.49		
Fiber, total dietary.....g	9.3		1	MC	9		6.7		
Sugars, total.....g	4.20		1	MC	9		3.02		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	53		1	MC	9		38		
Iron, Fe.....mg	2.00		1	MC	9		1.44		
Magnesium, Mg.....mg	39		1	MC	9		28		
Phosphorus, P.....mg	381		1	MC	9		274		
Potassium, K.....mg	177		1	MC	9		127		
Sodium, Na.....mg	479		1	MC	9		345		
Zinc, Zn.....mg	1.10		1	MC	9		0.79		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	MC	9		0.0		
Thiamin.....mg	0.160		1	MC	9		0.115		
Riboflavin.....mg	0.050		1	MC	9		0.036		
Niacin.....mg	1.700		1	MC	9		1.224		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.030		1	MC	9		0.022		
Folate, total.....µg	16		1	MC	9		12		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		1	MC	9		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	NR	4		0		
Vitamin A, IU.....IU	5		1	MC	9		4		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.00		1	MC	9		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		1	MC	9		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.700		1	MC	9		0.504		
Fatty acids, total monounsaturated.....g	3.500		1	MC	9		2.520		
Fatty acids, total polyunsaturated.....g	2.400		1	MC	9		1.728		
Fatty acids, total trans.....g	0.100		1	MC	9		0.072		
Cholesterol.....mg	0		1	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18980
Kashi Original Waffle

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 72g: 2 pieces

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18977
Kashi TLC Crackers Asiago Cheese
Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.30		1	MC	9		0.71		
Energy.....kcal	409		1	MC	9		127		
Energy.....kJ	1711		0	MC	9		530		
Protein (N x 6.25).....g	11.00		1	MC	9		3.41		
Total lipid (fat).....g	12.20		1	MC	9		3.78		
Ash.....g	6.00		1	MC	9		1.86		
Carbohydrate, by difference.....g	68.50		1	MC	9		21.24		
Fiber, total dietary.....g	5.7		1	MC	9		1.8		
Sugars, total.....g	6.70		1	MC	9		2.08		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	148		1	MC	9		46		
Iron, Fe.....mg	2.20		1	MC	9		0.68		
Magnesium, Mg.....mg	22		1	MC	9		7		
Phosphorus, P.....mg	335		1	MC	9		104		
Potassium, K.....mg	567		1	MC	9		176		
Sodium, Na.....mg	645		1	MC	9		200		
Zinc, Zn.....mg	0.60		1	MC	9		0.19		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.0		1	MC	9		0.3		
Thiamin.....mg	0.200		1	MC	9		0.062		
Riboflavin.....mg	0.100		1	MC	9		0.031		
Niacin.....mg	1.400		1	MC	9		0.434		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.100		1	MC	9		0.031		
Folate, total.....µg	10		1	MC	9		3		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....mcg_RAE	0		0	NR	4		0		
Vitamin A, IU.....IU	94		1	MC	9		29		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.900		1	MC	9		0.589		
Fatty acids, total monounsaturated.....g	5.100		1	MC	9		1.581		
Fatty acids, total polyunsaturated.....g	5.200		1	MC	9		1.612		
Fatty acids, total trans.....g	0.000		1	MC	9		0.000		
Cholesterol.....mg	5		1	MC	9		2		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18977

Kashi TLC Crackers Asiago Cheese

Common Measures:

Measure 1 = 31g: 15 cracker

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18976
Kashi TLC Crackers Country Cheddar
Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.00		1	MC	9		0.90		
Energy.....kcal	445		1	MC	9		134		
Energy.....kJ	1862		0	MC	9		559		
Protein (N x 6.25).....g	9.80		1	MC	9		2.94		
Total lipid (fat).....g	15.50		1	MC	9		4.65		
Ash.....g	3.70		1	MC	9		1.11		
Carbohydrate, by difference.....g	68.00		1	MC	9		20.40		
Fiber, total dietary.....g	2.5		1	MC	9		0.8		
Sugars, total.....g	3.70		1	MC	9		1.11		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	63		1	MC	9		19		
Iron, Fe.....mg	1.10		1	MC	9		0.33		
Magnesium, Mg.....mg	2		1	MC	9		1		
Phosphorus, P.....mg	19		1	MC	9		6		
Potassium, K.....mg	376		1	MC	9		113		
Sodium, Na.....mg	724		1	MC	9		217		
Zinc, Zn.....mg	0.00		1	MC	9		0.00		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	3.0		1	MC	9		0.9		
Thiamin.....mg	0.060		1	MC	9		0.018		
Riboflavin.....mg	0.030		1	MC	9		0.009		
Niacin.....mg	0.300		1	MC	9		0.090		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.010		1	MC	9		0.003		
Folate, total.....µg	1		1	MC	9		0		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		1	MC	9		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	NR	4		0		
Vitamin A, IU.....IU	174		1	MC	9		52		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU	0		1	MC	9		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.900		1	MC	9		0.570		
Fatty acids, total monounsaturated.....g	7.500		1	MC	9		2.250		
Fatty acids, total polyunsaturated.....g	4.100		1	MC	9		1.230		
Fatty acids, total trans.....g	0.050		1	MC	9		0.015		
Cholesterol.....mg	5		1	MC	9		2		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18976

Kashi TLC Crackers Country Cheddar

Common Measures:

Measure 1 = 30g: 18 cracker

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18981
Kashi TLC Crackers Fire Roasted Vegetable
Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.00		1	MC	9		0.90		
Energy.....kcal	403		1	MC	9		121		
Energy.....kJ	1686		0	MC	9		506		
Protein (N x 6.25).....g	9.50		1	MC	9		2.85		
Total lipid (fat).....g	11.60		1	MC	9		3.48		
Ash.....g	5.80		1	MC	9		1.74		
Carbohydrate, by difference.....g	70.10		1	MC	9		21.03		
Fiber, total dietary.....g	6.1		1	MC	9		1.8		
Sugars, total.....g	7.80		1	MC	9		2.34		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	84		1	MC	9		25		
Iron, Fe.....mg	2.30		1	MC	9		0.69		
Magnesium, Mg.....mg	28		1	MC	9		8		
Phosphorus, P.....mg	338		1	MC	9		101		
Potassium, K.....mg	632		1	MC	9		190		
Sodium, Na.....mg	686		1	MC	9		206		
Zinc, Zn.....mg	0.60		1	MC	9		0.18		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	28.0		1	MC	9		8.4		
Thiamin.....mg	0.210		1	MC	9		0.063		
Riboflavin.....mg	0.110		1	MC	9		0.033		
Niacin.....mg	1.600		1	MC	9		0.480		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.140		1	MC	9		0.042		
Folate, total.....µg	10		1	MC	9		3		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		1	MC	9		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	NR	4		0		
Vitamin A, IU.....IU	378		1	MC	9		113		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU	0		1	MC	9		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.900		1	MC	9		0.270		
Fatty acids, total monounsaturated.....g	5.800		1	MC	9		1.740		
Fatty acids, total polyunsaturated.....g	3.700		1	MC	9		1.110		
Fatty acids, total trans.....g	0.000		1	MC	9		0.000		
Cholesterol.....mg	0		1	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18981

Kashi TLC Crackers Fire Roasted Vegetable

Common Measures:

Measure 1 = 30g: 15 cracker

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18974
Kashi TLC Crackers Honey Sesame
Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.00		1	MC	9		0.90		
Energy.....kcal	398		1	MC	9		119		
Energy.....kJ	1665		0	MC	9		500		
Protein (N x 6.25).....g	8.70		1	MC	9		2.61		
Total lipid (fat).....g	10.40		1	MC	9		3.12		
Ash.....g	5.70		1	MC	9		1.71		
Carbohydrate, by difference.....g	72.20		1	MC	9		21.66		
Fiber, total dietary.....g	5.8		1	MC	9		1.7		
Sugars, total.....g	16.10		1	MC	9		4.83		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	126		1	MC	9		38		
Iron, Fe.....mg	2.40		1	MC	9		0.72		
Magnesium, Mg.....mg	24		1	MC	9		7		
Phosphorus, P.....mg	332		1	MC	9		100		
Potassium, K.....mg	591		1	MC	9		177		
Sodium, Na.....mg	471		1	MC	9		141		
Zinc, Zn.....mg	0.80		1	MC	9		0.24		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.0		1	MC	9		0.3		
Thiamin.....mg	0.210		1	MC	9		0.063		
Riboflavin.....mg	0.080		1	MC	9		0.024		
Niacin.....mg	1.500		1	MC	9		0.450		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.090		1	MC	9		0.027		
Folate, total.....µg	12		1	MC	9		4		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		1	MC	9		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	NR	4		0		
Vitamin A, IU.....IU	41		1	MC	9		12		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU	0		1	MC	9		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.900		1	MC	9		0.270		
Fatty acids, total monounsaturated.....g	5.000		1	MC	9		1.500		
Fatty acids, total polyunsaturated.....g	3.600		1	MC	9		1.080		
Fatty acids, total trans.....g	0.000		1	MC	9		0.000		
Cholesterol.....mg	0		1	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18974

Kashi TLC Crackers Honey Sesame

Common Measures:

Measure 1 = 30g: 15 cracker

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18975
Kashi TLC Crackers Original 7 Grain
Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.00		1	MC	9		0.90		
Energy.....kcal	404		1	MC	9		121		
Energy.....kJ	1690		0	MC	9		507		
Protein (N x 6.25).....g	9.10		1	MC	9		2.73		
Total lipid (fat).....g	11.90		1	MC	9		3.57		
Ash.....g	6.00		1	MC	9		1.80		
Carbohydrate, by difference.....g	70.00		1	MC	9		21.00		
Fiber, total dietary.....g	6.1		1	MC	9		1.8		
Sugars, total.....g	11.10		1	MC	9		3.33		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	128		1	MC	9		38		
Iron, Fe.....mg	2.40		1	MC	9		0.72		
Magnesium, Mg.....mg	25		1	MC	9		8		
Phosphorus, P.....mg	347		1	MC	9		104		
Potassium, K.....mg	625		1	MC	9		188		
Sodium, Na.....mg	534		1	MC	9		160		
Zinc, Zn.....mg	0.80		1	MC	9		0.24		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.0		1	MC	9		0.3		
Thiamin.....mg	0.220		1	MC	9		0.066		
Riboflavin.....mg	0.090		1	MC	9		0.027		
Niacin.....mg	1.600		1	MC	9		0.480		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.090		1	MC	9		0.027		
Folate, total.....µg	12		1	MC	9		4		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		1	MC	9		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	NR	4		0		
Vitamin A, IU.....IU	43		1	MC	9		13		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU	0		1	MC	9		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.000		1	MC	9		0.300		
Fatty acids, total monounsaturated.....g	5.800		1	MC	9		1.740		
Fatty acids, total polyunsaturated.....g	4.000		1	MC	9		1.200		
Fatty acids, total trans.....g	0.000		1	MC	9		0.000		
Cholesterol.....mg	0		1	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18975

Kashi TLC Crackers Original 7 Grain

Common Measures:

Measure 1 = 30g: 15 cracker

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18956
Keikitos (muffins), Latino bakery item

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	12.99		1	A	1		5.46		
Energy.....kcal	467		0	NC	4		196		
Energy.....kJ	1954		0	NC	4		821		
Protein (N x 6.25).....g	6.81		1	A	1		2.86		
Total lipid (fat).....g	25.24		1	A	1		10.60		
Ash.....g	1.80		1	A	1		0.76		
Carbohydrate, by difference.....g	53.16		0	NC	4		22.33		
Fiber, total dietary.....g	1.2		1	A	1		0.5		
Sugars, total.....g	25.81		1	A	1		10.84		
Sucrose.....g	25.81		1	A	1		10.84		
Glucose (dextrose).....g	0.00		1	A	1		0.00		
Fructose.....g	0.00		1	A	1		0.00		
Lactose.....g	0.00		1	A	1		0.00		
Maltose.....g	0.00		1	A	1		0.00		
Galactose.....g	0.00		1	A	1		0.00		
Starch.....g	25.20		1	A	1		10.58		
Minerals:									
Calcium, Ca.....mg	63		1	A	1		26		
Iron, Fe.....mg	2.53		1	A	1		1.06		
Magnesium, Mg.....mg	12		1	A	1		5		
Phosphorus, P.....mg	255		1	A	1		107		
Potassium, K.....mg	90		1	A	1		38		
Sodium, Na.....mg	515		1	A	1		216		
Zinc, Zn.....mg	0.52		1	A	1		0.22		
Copper, Cu.....mg	0.072		1	A	1		0.030		
Manganese, Mn.....mg	0.207		1	A	1		0.087		
Selenium, Se.....µg	15.3		1	A	1		6.4		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 42g: 1 piece

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18369

Leavening agents, baking powder, double-acting, sodium aluminum sulfate

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	5.00		1		1		0.23	0.12	
Energy.....kcal	53		0	NC	4		2	1	
Energy.....kJ	222		0		4		10	5	
Protein (N x 6.2).....g	0.00		1		1		0.00	0.00	
Total lipid (fat).....g	0.00		1		1		0.00	0.00	
Ash.....g	67.30		1		1		3.10	1.55	
Carbohydrate, by difference.....g	27.70		0	NC	4		1.27	0.64	
Fiber, total dietary.....g	0.2		0		4		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5876		2		1		270	135	
Iron, Fe.....mg	11.02	1.171	4		1		0.51	0.25	
Magnesium, Mg.....mg	27	1.895	4		1		1	1	
Phosphorus, P.....mg	2191	40.266	4		1		101	50	
Potassium, K.....mg	20		1		1		1	0	
Sodium, Na.....mg	10600		2		1		488	244	
Zinc, Zn.....mg	0.01		0		4		0.00	0.00	
Copper, Cu.....mg	0.010		0		4		0.000	0.000	
Manganese, Mn.....mg	0.011		0		4		0.001	0.000	
Selenium, Se.....µg	0.2		0	T	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.000		0		1		0.000	0.000	
Riboflavin.....mg	0.000		0		1		0.000	0.000	
Niacin.....mg	0.000		0		1		0.000	0.000	
Pantothenic acid.....mg	0.000		0		1		0.000	0.000	
Vitamin B-6.....mg	0.000		0		1		0.000	0.000	
Folate, total.....µg	0		0		1		0	0	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	0		0		1		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg	0.0		0	Z	7		0.0	0.0	
Betaine.....mg	0.0		0	Z	7		0.0	0.0	
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	0		0	Z	7		0	0	
Carotene, alpha.....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	0		0		1		0	0	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7		0.00	0.00	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.0		0	Z	7		0.0	0.0	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 18369

Leavening agents, baking powder, double-acting, sodium aluminum sulfate

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.000		0		4		0.000	0.000	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 4.6g: 1 tsp

Measure 2 = 2.3g: .5 tsp

Calories Factors: Protein 1.5

Fat 8.4

Carbohydrate 1.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18370

Leavening agents, baking powder, double-acting, straight phosphate

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	4.00		2		1		0.18	0.09	
Energy.....kcal	51		0	NC	4		2	1	
Energy.....kJ	213		0		4		10	5	
Protein (N x 6.2).....g	0.10		1		1		0.00	0.00	
Total lipid (fat).....g	0.00		1		1		0.00	0.00	
Ash.....g	71.80		1		1		3.30	1.65	
Carbohydrate, by difference.....g	24.10		0	NC	4		1.11	0.55	
Fiber, total dietary.....g	0.2		0		4		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	7364	32.166	3		1		339	169	
Iron, Fe.....mg	11.27	2.867	3		1		0.52	0.26	
Magnesium, Mg.....mg	39	12.657	3		1		2	1	
Phosphorus, P.....mg	9918	309.356	3		1		456	228	
Potassium, K.....mg	5		1		1		0	0	
Sodium, Na.....mg	7893	404.206	3		1		363	182	
Zinc, Zn.....mg	0.02		0		4		0.00	0.00	
Copper, Cu.....mg	0.013		0		4		0.001	0.000	
Manganese, Mn.....mg	0.014		0		4		0.001	0.000	
Selenium, Se.....µg	0.2		0	BFZN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.000		0		1		0.000	0.000	
Riboflavin.....mg	0.000		0		1		0.000	0.000	
Niacin.....mg	0.000		0		1		0.000	0.000	
Pantothenic acid.....mg	0.000		0		1		0.000	0.000	
Vitamin B-6.....mg	0.000		0		1		0.000	0.000	
Folate, total.....µg	0		0		1		0	0	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	0		0		1		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg	0.0		0	Z	7		0.0	0.0	
Betaine.....mg	0.0		0	Z	7		0.0	0.0	
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	0		0	Z	7		0	0	
Carotene, alpha.....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	0		0		1		0	0	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7		0.00	0.00	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.0		0	Z	7		0.0	0.0	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 18370

Leavening agents, baking powder, double-acting, straight phosphate

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.000		0		4		0.000	0.000	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 4.6g: 1 tsp

Measure 2 = 2.3g: .5 tsp

Calories Factors: Protein 1.8

Fat 8.4

Carbohydrate 2.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18371

Leavening agents, baking powder, low-sodium

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	6.20		2		1		0.31	0.16	
Energy.....kcal	97		0	NC	4		5	2	
Energy.....kJ	406		0		4		20	10	
Protein (N x 6.2).....g	0.10		1		1		0.01	0.00	
Total lipid (fat).....g	0.40	0.033	3		1		0.02	0.01	
Ash.....g	46.40		2		1		2.32	1.16	
Carbohydrate, by difference.....g	46.90		0	NC	4		2.35	1.17	
Fiber, total dietary.....g	2.2		0		4		0.1	0.1	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	4332		2		1		217	108	
Iron, Fe.....mg	8.17		2		1		0.41	0.20	
Magnesium, Mg.....mg	29		2		1		1	1	
Phosphorus, P.....mg	6869		2		1		343	172	
Potassium, K.....mg	10100		1		1		505	253	
Sodium, Na.....mg	90		1		1		5	2	
Zinc, Zn.....mg	0.72		2		1		0.04	0.02	
Copper, Cu.....mg	0.019		2		1		0.001	0.000	
Manganese, Mn.....mg	0.420		2		1		0.021	0.011	
Selenium, Se.....µg	0.2		0	BFZN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.000		0		1		0.000	0.000	
Riboflavin.....mg	0.000		0		1		0.000	0.000	
Niacin.....mg	0.000		0		1		0.000	0.000	
Pantothenic acid.....mg	0.000		0		1		0.000	0.000	
Vitamin B-6.....mg	0.000		0		1		0.000	0.000	
Folate, total.....µg	0		0		1		0	0	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	0		0		1		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg	0.0		0	Z	7		0.0	0.0	
Betaine.....mg	0.0		0	Z	7		0.0	0.0	
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	0		0	Z	7		0	0	
Carotene, alpha.....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	0		0		1		0	0	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7		0.00	0.00	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.0		0	Z	7		0.0	0.0	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 18371

Leavening agents, baking powder, low-sodium

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points					
Fatty acids, total saturated.....g	0.073		0			4	0.004	0.002
4:0.....g	0.000		0			4	0.000	0.000
6:0.....g	0.000		0			4	0.000	0.000
8:0.....g	0.000		0			4	0.000	0.000
10:0.....g	0.002		0			4	0.000	0.000
12:0.....g	0.009		0			4	0.000	0.000
13:0.....g								
14:0.....g	0.002		0			4	0.000	0.000
15:0.....g								
16:0.....g	0.046		0			4	0.002	0.001
17:0.....g								
18:0.....g	0.009		0			4	0.000	0.000
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.006		0			4	0.000	0.000
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.002		0			4	0.000	0.000
17:1.....g								
18:1 undifferentiated.....g	0.003		0			4	0.000	0.000
20:1.....g	0.000		0			4	0.000	0.000
22:1 undifferentiated.....g	0.000		0			4	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.121		0			4	0.006	0.003
18:2 undifferentiated.....g	0.090		0			4	0.005	0.002
18:3 undifferentiated.....g	0.029		0			4	0.001	0.001
18:4.....g	0.000		0			4	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0			4	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0			4	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0			4	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0			4	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0			1	0	0
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0			7	0.0	0.0
Caffeine.....mg	0		0	Z		7	0	0
Theobromine.....mg	0		0	Z		7	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 5.0g: 1 tsp

Measure 2 = 2.5g: .5 tsp

Calories Factors: Protein 2.7

Fat 8.4

Carbohydrate2

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18372
Leavening agents, baking soda

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.20		1		1		0.01	0.00	
Energy.....kcal	0		0	NC	4		0	0	
Energy.....kJ	0		0		4		0	0	
Protein (N x 0).....g	0.00		1		1		0.00	0.00	
Total lipid (fat).....g	0.00		1		1		0.00	0.00	
Ash.....g	36.90		1		1		1.70	0.85	
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		1		1		0	0	
Iron, Fe.....mg	0.00		1		1		0.00	0.00	
Magnesium, Mg.....mg	0		1		1		0	0	
Phosphorus, P.....mg	0		1		1		0	0	
Potassium, K.....mg	0		1		1		0	0	
Sodium, Na.....mg	27360		1		1		1259	629	
Zinc, Zn.....mg	0.00		1		1		0.00	0.00	
Copper, Cu.....mg	0.000		1		1		0.000	0.000	
Manganese, Mn.....mg	0.000		1		1		0.000	0.000	
Selenium, Se.....µg	0.2		0	BFZN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.000		0		1		0.000	0.000	
Riboflavin.....mg	0.000		0		1		0.000	0.000	
Niacin.....mg	0.000		0		1		0.000	0.000	
Pantothenic acid.....mg	0.000		0		1		0.000	0.000	
Vitamin B-6.....mg	0.000		0		1		0.000	0.000	
Folate, total.....µg	0		0		1		0	0	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	0		0		1		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg	0.0		0	Z	7		0.0	0.0	
Betaine.....mg	0.0		0	Z	7		0.0	0.0	
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	0		0	Z	7		0	0	
Carotene, alpha.....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	0		0		1		0	0	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7		0.00	0.00	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.0		0	Z	7		0.0	0.0	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 18372
Leavening agents, baking soda

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points					
Fatty acids, total saturated.....g	0.000		0			4	0.000	0.000
4:0.....g	0.000		0			4	0.000	0.000
6:0.....g	0.000		0			4	0.000	0.000
8:0.....g	0.000		0			4	0.000	0.000
10:0.....g	0.000		0			4	0.000	0.000
12:0.....g	0.000		0			4	0.000	0.000
13:0.....g								
14:0.....g	0.000		0			4	0.000	0.000
15:0.....g								
16:0.....g	0.000		0			4	0.000	0.000
17:0.....g								
18:0.....g	0.000		0			4	0.000	0.000
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.000		0			4	0.000	0.000
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.000		0			4	0.000	0.000
17:1.....g								
18:1 undifferentiated.....g	0.000		0			4	0.000	0.000
20:1.....g	0.000		0			4	0.000	0.000
22:1 undifferentiated.....g	0.000		0			4	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.000		0			4	0.000	0.000
18:2 undifferentiated.....g	0.000		0			4	0.000	0.000
18:3 undifferentiated.....g	0.000		0			4	0.000	0.000
18:4.....g	0.000		0			4	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0			4	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0			4	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0			4	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0			4	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0			1	0	0
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0			7	0.0	0.0
Caffeine.....mg	0		0	Z		7	0	0
Theobromine.....mg	0		0	Z		7	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 4.6g: 1 tsp
 Measure 2 = 2.3g: .5 tsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18373
Leavening agents, cream of tartar

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	1.70		1		1		0.05	0.03	
Energy.....kcal	258		0	NC	4		8	4	
Energy.....kJ	1079		0		4		32	16	
Protein (N x 6.2).....g	0.00		1		1		0.00	0.00	
Total lipid (fat).....g	0.00		1		1		0.00	0.00	
Ash.....g	36.80		2		1		1.10	0.55	
Carbohydrate, by difference.....g	61.50		0	NC	4		1.85	0.92	
Fiber, total dietary.....g	0.2		0		4		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	8		2		1		0	0	
Iron, Fe.....mg	3.72		2		1		0.11	0.06	
Magnesium, Mg.....mg	2		2		1		0	0	
Phosphorus, P.....mg	5		2		1		0	0	
Potassium, K.....mg	16500		1		1		495	248	
Sodium, Na.....mg	52		2		1		2	1	
Zinc, Zn.....mg	0.42		2		1		0.01	0.01	
Copper, Cu.....mg	0.195		2		1		0.006	0.003	
Manganese, Mn.....mg	0.205		2		1		0.006	0.003	
Selenium, Se.....µg	0.2		0	BFZN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.000		0		1		0.000	0.000	
Riboflavin.....mg	0.000		0		1		0.000	0.000	
Niacin.....mg	0.000		0		1		0.000	0.000	
Pantothenic acid.....mg	0.000		0		1		0.000	0.000	
Vitamin B-6.....mg	0.000		0		1		0.000	0.000	
Folate, total.....µg	0		0		1		0	0	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	0		0		1		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg	0.0		0	Z	7		0.0	0.0	
Betaine.....mg	0.0		0	Z	7		0.0	0.0	
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	0		0	Z	7		0	0	
Carotene, alpha.....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	0		0		1		0	0	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7		0.00	0.00	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.0		0	Z	7		0.0	0.0	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 18373
Leavening agents, cream of tartar

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number		measures of food				
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.000		0		4		0.000	0.000	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 3.0g: 1 tsp
 Measure 2 = 1.5g: .5 tsp

Calories Factors: Protein 3.5

Fat 8.4

Carbohydrate 4.2

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18375

Leavening agents, yeast, baker's, active dry

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	5.08		1	A	1		0.20	0.61	0.37
Energy.....kcal	325		0	NC	4		13	39	23
Energy.....kJ	1361		0	NC	4		54	163	98
Protein (N x 6.25).....g	40.44		1	A	1		1.62	4.85	2.91
Total lipid (fat).....g	7.61		1	A	1		0.30	0.91	0.55
Ash.....g	5.65		1	A	1		0.23	0.68	0.41
Carbohydrate, by difference.....g	41.22		0	NC	4		1.65	4.95	2.97
Fiber, total dietary.....g	26.9		1	A	1		1.1	3.2	1.9
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	30		1	A	1		1	4	2
Iron, Fe.....mg	2.17		1	A	1		0.09	0.26	0.16
Magnesium, Mg.....mg	54		1	A	1		2	7	4
Phosphorus, P.....mg	637		1	A	1		25	76	46
Potassium, K.....mg	955		1	A	1		38	115	69
Sodium, Na.....mg	51		1	A	1		2	6	4
Zinc, Zn.....mg	7.94		1	A	1		0.32	0.95	0.57
Copper, Cu.....mg	0.436		1	A	1		0.017	0.052	0.031
Manganese, Mn.....mg	0.312		1	A	1		0.012	0.037	0.022
Selenium, Se.....µg	7.9		1	A	1		0.3	0.9	0.6
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		1		1		0.0	0.0	0.0
Thiamin.....mg	10.990		1	A	1		0.440	1.319	0.791
Riboflavin.....mg	4.000		1	A	1		0.160	0.480	0.288
Niacin.....mg	40.200		1	A	1		1.608	4.824	2.894
Pantothenic acid.....mg	13.500		1	A	1		0.540	1.620	0.972
Vitamin B-6.....mg	1.500		1	A	1		0.060	0.180	0.108
Folate, total.....µg	2340		1		1		94	281	168
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	2340		1		1		94	281	168
Folate, DFE.....mcg_DFE	2340		0	NC	4		94	281	168
Choline, total.....mg	32.0		0	AS	1		1.3	3.8	2.3
Betaine.....mg	3.4		1	A	1		0.1	0.4	0.2
Vitamin B-12.....µg	0.07		1	A	1		0.00	0.01	0.01
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	0		0	Z	7		0	0	0
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	0		0	AS	1		0	0	0
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	0.4		1	A	1		0.0	0.0	0.0
Dihydrophylloquinone.....µg	0.0		1	A	1		0.0	0.0	0.0
Menquinone-4.....µg	0.0		1	A	1		0.0	0.0	0.0
Lipids:									

Leavening agents, yeast, baker's, active dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.001		0		1		0.040	0.120	0.072
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.049		0		1		0.002	0.006	0.004
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.706		0		1		0.028	0.085	0.051
17:0.....g									
18:0.....g	0.246		0		1		0.010	0.029	0.018
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.309		0		1		0.172	0.517	0.310
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	2.289		0		1		0.092	0.275	0.165
17:1.....g									
18:1 undifferentiated.....g	2.020		0		1		0.081	0.242	0.145
20:1.....g	0.000		0	Z	7		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.017		0		1		0.001	0.002	0.001
18:2 undifferentiated.....g	0.017		0		1		0.001	0.002	0.001
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.540		0	A	1		0.022	0.065	0.039
Threonine.....g	1.990		0	A	1		0.080	0.239	0.143
Isoleucine.....g	1.890		0	A	1		0.076	0.227	0.136
Leucine.....g	2.920		0	A	1		0.117	0.350	0.210
Lysine.....g	3.280		0	A	1		0.131	0.394	0.236
Methionine.....g	0.590		0	A	1		0.024	0.071	0.042
Cystine.....g	0.500		0	A	1		0.020	0.060	0.036
Phenylalanine.....g	1.750		0	A	1		0.070	0.210	0.126
Tyrosine.....g	1.130		0	A	1		0.045	0.136	0.081
Valine.....g	2.310		0	A	1		0.092	0.277	0.166
Arginine.....g	2.030		0	A	1		0.081	0.244	0.146
Histidine.....g	0.910		0	A	1		0.036	0.109	0.066
Alanine.....g	2.320		0	A	1		0.093	0.278	0.167
Aspartic acid.....g	4.150		0	A	1		0.166	0.498	0.299
Glutamic acid.....g	6.470		0	A	1		0.259	0.776	0.466
Glycine.....g	1.930		0	A	1		0.077	0.232	0.139
Proline.....g	1.650		0	A	1		0.066	0.198	0.119
Serine.....g	1.980		0	A	1		0.079	0.238	0.143
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18375

Leavening agents, yeast, baker's, active dry

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 4.0g: 1 tsp

Measure 2 = 12.0g: 1 tbsp

Measure 3 = 7.2g: 1 packet

Calories Factors: Protein 3

Fat 8.4

Carbohydrate 3.4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18374

Leavening agents, yeast, baker's, compressed

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	69.00		1		1		11.73		
Energy.....kcal	105		0	NC	4		18		
Energy.....kJ	439		0	NC	4		75		
Protein (N x 6.2).....g	8.40		1		1		1.43		
Total lipid (fat).....g	1.90		1		1		0.32		
Ash.....g	1.80		2		1		0.31		
Carbohydrate, by difference.....g	18.10		0	NC	4		3.08		
Fiber, total dietary.....g	8.1		0		1		1.4		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	19		2		1		3		
Iron, Fe.....mg	3.25		2		1		0.55		
Magnesium, Mg.....mg	40		2		1		7		
Phosphorus, P.....mg	336		1		1		57		
Potassium, K.....mg	601		1		1		102		
Sodium, Na.....mg	30		1		1		5		
Zinc, Zn.....mg	9.97		1		1		1.69		
Copper, Cu.....mg	0.148		1		1		0.025		
Manganese, Mn.....mg	0.200		1		1		0.034		
Selenium, Se.....µg	8.1		2	A	1		1.4		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0		4		0.0		
Thiamin.....mg	1.880		1		1		0.320		
Riboflavin.....mg	1.130		2		1		0.192		
Niacin.....mg	12.300		1		1		2.091		
Pantothenic acid.....mg	4.900		1		1		0.833		
Vitamin B-6.....mg	0.430		1		1		0.073		
Folate, total.....µg	785		1		1		133		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	785		1		1		133		
Folate, DFE.....mcg_DFE	785		0	NC	4		133		
Choline, total.....mg	32.0		0	BFZN	4		5.4		
Betaine.....mg									
Vitamin B-12.....µg	0.01		0		4		0.00		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	0		0		4		0		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7		0.00		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Leavening agents, yeast, baker's, compressed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total saturated.....g	0.243		0				0.041		
4:0.....g	0.000		0				0.000		
6:0.....g	0.000		0				0.000		
8:0.....g	0.000		0				0.000		
10:0.....g	0.000		0				0.000		
12:0.....g	0.012		0				0.002		
13:0.....g									
14:0.....g	0.000		0				0.000		
15:0.....g									
16:0.....g	0.172		0				0.029		
17:0.....g									
18:0.....g	0.060		0				0.010		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.047		0				0.178		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.556		0				0.095		
17:1.....g									
18:1 undifferentiated.....g	0.491		0				0.083		
20:1.....g	0.000		0				0.000		
22:1 undifferentiated.....g	0.000		0				0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.004		0				0.001		
18:2 undifferentiated.....g	0.004		0				0.001		
18:3 undifferentiated.....g	0.000		0				0.000		
18:4.....g	0.000		0				0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0				0.000		
20:5 n-3 (EPA).....g	0.000		0				0.000		
22:5 n-3 (DPA).....g	0.000		0				0.000		
22:6 n-3 (DHA).....g	0.000		0				0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1				0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.106		0				0.018		
Threonine.....g	0.435		0				0.074		
Isoleucine.....g	0.476		0				0.081		
Leucine.....g	0.668		0				0.114		
Lysine.....g	0.690		0				0.117		
Methionine.....g	0.166		0				0.028		
Cystine.....g	0.112		0				0.019		
Phenylalanine.....g	0.407		0				0.069		
Tyrosine.....g	0.345		0				0.059		
Valine.....g	0.512		0				0.087		
Arginine.....g	0.462		0				0.079		
Histidine.....g	0.217		0				0.037		
Alanine.....g	0.553		0				0.094		
Aspartic acid.....g	0.853		0				0.145		
Glutamic acid.....g	1.235		0				0.210		
Glycine.....g	0.407		0				0.069		
Proline.....g	0.357		0				0.061		
Serine.....g	0.413		0				0.070		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0			7	0.0		
Caffeine.....mg	0		0	Z		7	0		
Theobromine.....mg	0		0	Z		7	0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18374

Leavening agents, yeast, baker's, compressed

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 17g: 1 cake (0.6 oz)

Calories Factors: Protein 3

Fat 8.4

Carbohydrate 3.4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18615
MARTHA WHITE FOODS, Martha White's Buttermilk Biscuit Mix, dry
The J.M. Smucker Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	10.00		1	MC	9		4.10		
Energy.....kcal	388		0	NC	4		159		
Energy.....kJ	1623		0	NC	4		666		
Protein (N x 6.25).....g	7.81		1	MC	9		3.20		
Total lipid (fat).....g	13.23		1	MC	9		5.42		
Ash.....g	9.55		1	MC	9		3.92		
Carbohydrate, by difference.....g	59.41		0	NC	4		24.36		
Fiber, total dietary.....g	1.5		1	MC	9		0.6		
Sugars, total.....g	4.46		1	MC	9		1.83		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	168		1	MC	9		69		
Iron, Fe.....mg	4.06		1	MC	9		1.66		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	212		1	MC	9		87		
Sodium, Na.....mg	1295		1	MC	9		531		
Zinc, Zn.....mg	0.90		1	MC	9		0.37		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		1	MC	9		0.1		
Thiamin.....mg	0.490		1	MC	9		0.201		
Riboflavin.....mg	0.380		1	MC	9		0.156		
Niacin.....mg	3.930		1	MC	9		1.611		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.020		1	MC	9		0.008		
Folate, total.....µg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.16		1	MC	9		0.07		
Vitamin A, RAE.....mcg_RAE	0		1	NR	4		0		
Vitamin A, IU.....IU	7		1	MC	9		3		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	4.070		1	MC	9		1.669		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	3.770		1	MC	9		1.546		
Cholesterol.....mg	3		1	MC	9		1		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18615

MARTHA WHITE FOODS, Martha White's Buttermilk Biscuit Mix, dry

Common Measures:

Measure 1 = 41g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18614

MARTHA WHITE FOODS, Martha White's Chewy Fudge Brownie Mix, dry

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Measure 1	Measure 2	Measure 3
			of Data	Code	Confidence			
			Points	Code	Code			
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		1	MC	9	0		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18612

MCKEE BAKING, LITTLE DEBBIE NUTTY BARS, Wafers with Peanut Butter, Chocolate Covered

McKee Baking, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.00		1	A	1		1.71		
Energy.....kcal	548		0	NC	4		312		
Energy.....kJ	2293				4		1307		
Protein.....g	8.00		1	A	1		4.56		
Total lipid (fat).....g	32.80		1	A	1		18.70		
Ash.....g	1.00		1	A	1		0.57		
Carbohydrate, by difference.....g	55.20		0	NC	4		31.46		
Fiber, total dietary.....g									
Sugars, total.....g	34.00		1	A	1		19.38		
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	223		1	A	1		127		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.0		1	A	1		1.1		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU									
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	6.290		1	A	1		3.585		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18612

MCKEE BAKING, LITTLE DEBBIE NUTTY BARS, Wafers with Peanut Butter, Chocolate Covered

Common Measures:

Measure 1 = 57g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18616

MISSION FOODS, MISSION Flour Tortillas, Soft Taco, 8 inch

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number			<u>measures of food</u>			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			

Phytosterols.....mg

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 51g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18940

Muffin, blueberry, commercially prepared, low-fat

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	39.94		0	FLC	4		28.36	11.32	
Energy.....kcal	255		0	NC	4		181	72	
Energy.....kJ	1067		0	NC	4		758	303	
Protein.....g	4.23		0	FLC	4		3.00	1.20	
Total lipid (fat).....g	4.22		0	FLC	4		3.00	1.20	
Ash.....g	1.56		0	FLC	4		1.11	0.44	
Carbohydrate, by difference.....g	50.05		0	FLC	4		35.53	14.19	
Fiber, total dietary.....g	4.2		1	LC	8		3.0	1.2	
Sugars, total.....g	27.05		0	BFZN	4		19.21	7.67	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	35		0	BFZN	4		25	10	
Iron, Fe.....mg	2.00		0	BFZN	4		1.42	0.57	
Magnesium, Mg.....mg	10		0	BFZN	4		7	3	
Phosphorus, P.....mg	125		0	BFZN	4		88	35	
Potassium, K.....mg	96		0	BFZN	4		68	27	
Sodium, Na.....mg	413		0	LC	8		293	117	
Zinc, Zn.....mg	1.27		0	BFZN	4		0.90	0.36	
Copper, Cu.....mg	0.080		0	BFZN	4		0.057	0.023	
Manganese, Mn.....mg	0.785		0	BFZN	4		0.557	0.223	
Selenium, Se.....µg	9.8		0	BFZN	4		6.9	2.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.9		0	BFZN	4		0.6	0.2	
Thiamin.....mg	0.163		0	BFZN	4		0.116	0.046	
Riboflavin.....mg	0.175		0	BFZN	4		0.124	0.050	
Niacin.....mg	1.375		0	BFZN	4		0.976	0.390	
Pantothenic acid.....mg	0.251		0	BFZN	4		0.178	0.071	
Vitamin B-6.....mg	0.042		0	BFZN	4		0.030	0.012	
Folate, total.....µg	48		0	BFZN	4		34	14	
Folic acid.....µg	36		0	BFZN	4		26	10	
Folate, food.....µg	12		0	FLC	4		9	3	
Folate, DFE.....mcg_DFE	73		0	NC	4		52	21	
Choline, total.....mg	51.7		0	BFZN	4		36.7	14.7	
Betaine.....mg									
Vitamin B-12.....µg	0.16		0	FLC	4		0.11	0.04	
Vitamin B-12, added.....µg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	10		0	FLC	4		7	3	
Retinol.....µg	10		0	FLC	4		7	3	
Carotene, beta.....µg	3		0	FLC	4		2	1	
Carotene, alpha.....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....µg	1		0	FLC	4		1	0	
Vitamin A, IU.....IU	39		0	FLC	4		28	11	
Lycopene.....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....µg	56		0	FLC	4		40	16	
Vitamin E (alpha-tocopherol).....mg	0.39		0	FLC	4		0.27	0.11	
Vitamin E, added.....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.1		0	FLC	4		0.1	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	3		0	FLC	4		2	1	
Vitamin K (phylloquinone).....µg	5.7		0	FLC	4		4.1	1.6	
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.549		0	NC	4		1.100	0.439	
4:0.....g	0.001		0	FLC	4		0.001	0.000	
6:0.....g	0.000		0	FLC	4		0.000	0.000	
8:0.....g	0.000		0	FLC	4		0.000	0.000	
10:0.....g	0.000		0	FLC	4		0.000	0.000	
12:0.....g	0.000		0	FLC	4		0.000	0.000	
13:0.....g									
14:0.....g	0.014		0	FLC	4		0.010	0.004	
15:0.....g	0.000		0	FLC	4		0.000	0.000	
16:0.....g	1.135		0	FLC	4		0.806	0.322	
17:0.....g	0.004		0	FLC	4		0.003	0.001	
18:0.....g	0.366		0	FLC	4		0.260	0.104	
20:0.....g	0.013		0	FLC	4		0.010	0.004	
22:0.....g	0.014		0	FLC	4		0.010	0.004	
24:0.....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.860		0	NC	4		0.610	0.244	
14:1.....g	0.000		0	FLC	4		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.031		0	FLC	4		0.022	0.009	
17:1.....g									
18:1 undifferentiated.....g	0.824		0	FLC	4		0.585	0.234	
20:1.....g	0.004		0	FLC	4		0.003	0.001	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.363		0	NC	4		0.968	0.386	
18:2 undifferentiated.....g	1.196		0	FLC	4		0.849	0.339	
18:3 undifferentiated.....g	0.137		0	FLC	4		0.097	0.039	
18:4.....g	0.002		0	FLC	4		0.001	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.016		0	FLC	4		0.011	0.005	
20:5 n-3 (EPA).....g	0.008		0	FLC	4		0.006	0.002	
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.005		0	FLC	4		0.004	0.001	
Fatty acids, total trans.....g									
Cholesterol.....mg	28		1	LC	8		20	8	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.048		0	FLC	4		0.034	0.014	
Threonine.....g	0.151		0	FLC	4		0.107	0.043	
Isoleucine.....g	0.185		0	FLC	4		0.132	0.053	
Leucine.....g	0.319		0	FLC	4		0.226	0.090	
Lysine.....g	0.201		0	FLC	4		0.143	0.057	
Methionine.....g	0.092		0	FLC	4		0.065	0.026	
Cystine.....g	0.099		0	FLC	4		0.071	0.028	
Phenylalanine.....g	0.197		0	FLC	4		0.140	0.056	
Tyrosine.....g	0.109		0	FLC	4		0.078	0.031	
Valine.....g	0.213		0	FLC	4		0.151	0.060	
Arginine.....g	0.192		0	FLC	4		0.136	0.054	
Histidine.....g	0.092		0	FLC	4		0.065	0.026	
Alanine.....g	0.171		0	FLC	4		0.121	0.048	
Aspartic acid.....g	0.283		0	FLC	4		0.201	0.080	
Glutamic acid.....g	0.967		0	FLC	4		0.686	0.274	
Glycine.....g	0.139		0	FLC	4		0.099	0.039	
Proline.....g	0.327		0	FLC	4		0.232	0.093	
Serine.....g	0.235		0	FLC	4		0.167	0.067	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18940

Muffin, blueberry, commercially prepared, low-fat

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 71g: 1 muffin small

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18274

Muffins, blueberry, commercially prepared (Includes mini-muffins)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	24.61		2	A	1		6.98	4.18	16.24
Energy.....kcal	393		0	NC	4		111	67	259
Energy.....kJ	1642		0	NC	4		466	279	1084
Protein.....g	5.28		2	A	1		1.50	0.90	3.49
Total lipid (fat).....g	19.24		2	A	1		5.46	3.27	12.70
Ash.....g	1.32		2	A	1		0.37	0.22	0.87
Carbohydrate, by difference.....g	49.54		0	NC	4		14.04	8.42	32.70
Fiber, total dietary.....g	1.7		2	A	1		0.5	0.3	1.1
Sugars, total.....g	27.05		2	A	1		7.67	4.60	17.86
Starch.....g									
Minerals:									
Calcium, Ca.....mg	35		2	A	1		10	6	23
Iron, Fe.....mg	2.00		2	A	1		0.57	0.34	1.32
Magnesium, Mg.....mg	10		2	A	1		3	2	7
Phosphorus, P.....mg	125		2	A	1		35	21	82
Potassium, K.....mg	96		2	A	1		27	16	63
Sodium, Na.....mg	349		0	LC	8		99	59	230
Zinc, Zn.....mg	1.27		2	A	1		0.36	0.22	0.84
Copper, Cu.....mg	0.080		2	A	1		0.023	0.014	0.053
Manganese, Mn.....mg	0.785		2	A	1		0.223	0.133	0.518
Selenium, Se.....µg	9.8		2	A	1		2.8	1.7	6.4
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.9		2	A	1		0.2	0.1	0.6
Thiamin.....mg	0.163		2	A	1		0.046	0.028	0.108
Riboflavin.....mg	0.175		2	A	1		0.050	0.030	0.116
Niacin.....mg	1.375		2	A	1		0.390	0.234	0.907
Pantothenic acid.....mg	0.251		2	A	1		0.071	0.043	0.166
Vitamin B-6.....mg	0.042		2	A	1		0.012	0.007	0.028
Folate, total.....µg	48		1	A	1		14	8	32
Folic acid.....µg	36		1	A	1		10	6	24
Folate, food.....µg	12		0	AS	1		3	2	8
Folate, DFE.....mcg_DFE	73		0	NC	4		21	12	48
Choline, total.....mg	51.7		0	A	1		14.7	8.8	34.1
Betaine.....mg									
Vitamin B-12.....µg	0.08		0	FLA	4		0.02	0.01	0.06
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	7		0	FLA	4		2	1	4
Retinol.....µg	6		0	FLA	4		2	1	4
Carotene, beta.....µg	2		0	FLA	4		0	0	1
Carotene, alpha.....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....µg	1		0	FLA	4		0	0	1
Vitamin A, IU.....IU	25		0	FLA	4		7	4	16
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	37		0	FLA	4		10	6	24
Vitamin E (alpha-tocopherol).....mg	1.57		0	FLA	4		0.45	0.27	1.04
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.1		0	FLA	4		0.0	0.0	0.1
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	4		0	FLA	4		1	1	3
Vitamin K (phylloquinone).....µg	39.2		2	A	1		11.1	6.7	25.9
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Muffins, blueberry, commercially prepared (Includes mini-muffins)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	3.549		0	NC	4				
4:0.....g	0.000		2	A	1	1.006	0.603	2.342	
6:0.....g	0.000		2	A	1	0.000	0.000	0.000	
8:0.....g	0.000		2	A	1	0.000	0.000	0.000	
10:0.....g	0.000		2	A	1	0.000	0.000	0.000	
12:0.....g	0.000		2	A	1	0.000	0.000	0.000	
13:0.....g	0.000		2	A	1	0.000	0.000	0.000	
14:0.....g	0.018		2	A	1	0.005	0.003	0.012	
15:0.....g	0.000		2	A	1	0.000	0.000	0.000	
16:0.....g	2.257		2	A	1	0.640	0.384	1.490	
17:0.....g	0.008		2	A	1	0.002	0.001	0.005	
18:0.....g	1.155		2	A	1	0.327	0.196	0.762	
20:0.....g	0.055		2	A	1	0.016	0.009	0.037	
22:0.....g	0.056		2	A	1	0.016	0.009	0.037	
24:0.....g	0.000		2	A	1	0.000	0.000	0.000	
Fatty acids, total monounsaturated.....g	5.152		0	NC	4	1.461	0.876	3.401	
14:1.....g	0.000		2	A	1	0.000	0.000	0.000	
15:1.....g	0.000		2	A	1	0.000	0.000	0.000	
16:1 undifferentiated.....g	0.063		2	A	1	0.018	0.011	0.042	
17:1.....g	0.000		2	A	1	0.000	0.000	0.000	
18:1 undifferentiated.....g	5.045		0	AS	1	1.430	0.858	3.329	
20:1.....g	0.045		2	A	1	0.013	0.008	0.030	
22:1 undifferentiated.....g	0.000		2	A	1	0.000	0.000	0.000	
24:1 c.....g	0.000		2	A	1	0.000	0.000	0.000	
Fatty acids, total polyunsaturated.....g	9.703		0	NC	4	2.751	1.650	6.404	
18:2 undifferentiated.....g	8.469		2	A	1	2.401	1.440	5.590	
18:3 undifferentiated.....g	1.234		0	AS	1	0.350	0.210	0.815	
18:3 n-3 c,c,c (ALA).....g	1.234		2	A	1	0.350	0.210	0.815	
18:3 n-6 c,c,c.....g	0.000		2	A	1	0.000	0.000	0.000	
18:3i.....g									
18:4.....g	0.006		0	FLA	4	0.002	0.001	0.004	
20:2 n-6 c,c.....g	0.000		2	A	1	0.000	0.000	0.000	
20:3 undifferentiated.....g	0.000		2	A	1	0.000	0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		2	A	1	0.000	0.000	0.000	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		2	A	1	0.000	0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4	0.000	0.000	0.000	
22:6 n-3 (DHA).....g	0.000		2	A	1	0.000	0.000	0.000	
Fatty acids, total trans.....g									
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4	0.000	0.000	0.000	
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	40		0	FLA	4	11	7	26	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.061		0	FLA	4	0.017	0.010	0.040	
Threonine.....g	0.199		0	FLA	4	0.057	0.034	0.132	
Isoleucine.....g	0.248		0	FLA	4	0.070	0.042	0.163	
Leucine.....g	0.406		0	FLA	4	0.115	0.069	0.268	
Lysine.....g	0.273		0	FLA	4	0.077	0.046	0.180	
Methionine.....g	0.133		0	FLA	4	0.038	0.023	0.088	
Cystine.....g	0.131		0	FLA	4	0.037	0.022	0.087	
Phenylalanine.....g	0.265		0	FLA	4	0.075	0.045	0.175	
Tyrosine.....g	0.150		0	FLA	4	0.043	0.026	0.099	
Valine.....g	0.283		0	FLA	4	0.080	0.048	0.187	
Arginine.....g	0.250		0	FLA	4	0.071	0.042	0.165	
Histidine.....g	0.115		0	FLA	4	0.033	0.019	0.076	
Alanine.....g	0.239		0	FLA	4	0.068	0.041	0.158	
Aspartic acid.....g	0.400		0	FLA	4	0.113	0.068	0.264	

NDB No. 18274

Muffins, blueberry, commercially prepared (Includes mini-muffins)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Glutamic acid.....g	1.084		0	FLA	4	0.307	0.184	0.716
Glycine.....g	0.178		0	FLA	4	0.051	0.030	0.118
Proline.....g	0.354		0	FLA	4	0.100	0.060	0.234
Serine.....g	0.310		0	FLA	4	0.088	0.053	0.204
Hydroxyproline.....g	0.000		2	A	1	0.000	0.000	0.000
Others:								
Alcohol, ethyl.....g	0.0		0	FLA	4	0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4	0	0	0
Theobromine.....mg	0		0	FLA	4	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 17g: 1 mini (1-1/4" dia)

Measure 3 = 66g: 1 small (2-3/4" dia x 2")

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18275
Muffins, blueberry, dry mix

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.048		0	FLA	4	0.014	0.171		
15:0.....g									
16:0.....g	1.294		0	FLA	4	0.367	4.607		
17:0.....g									
18:0.....g	1.142		0	FLA	4	0.324	4.066		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.507		0	FLA	4	1.561	19.605		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	FLA	4	0.001	0.007		
17:1.....g									
18:1 undifferentiated.....g	5.505		0	FLA	4	1.561	19.598		
20:1.....g	0.001		0		1	0.000	0.004		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.393		0	FLA	4	0.395	4.959		
18:2 undifferentiated.....g	1.307		0	FLA	4	0.371	4.653		
18:3 undifferentiated.....g	0.086		0	FLA	4	0.024	0.306		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1	0	0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.069		0		1	0.020	0.246		
Threonine.....g	0.135		0		1	0.038	0.481		
Isoleucine.....g	0.184		0		1	0.052	0.655		
Leucine.....g	0.330		0		1	0.094	1.175		
Lysine.....g	0.168		0		1	0.048	0.598		
Methionine.....g	0.082		0		1	0.023	0.292		
Cystine.....g	0.106		0		1	0.030	0.377		
Phenylalanine.....g	0.229		0		1	0.065	0.815		
Tyrosine.....g	0.138		0		1	0.039	0.491		
Valine.....g	0.213		0		1	0.060	0.758		
Arginine.....g	0.187		0		1	0.053	0.666		
Histidine.....g	0.099		0		1	0.028	0.352		
Alanine.....g	0.147		0		1	0.042	0.523		
Aspartic acid.....g	0.205		0		1	0.058	0.730		
Glutamic acid.....g	1.596		0		1	0.452	5.682		
Glycine.....g	0.165		0		1	0.047	0.587		
Proline.....g	0.538		0		1	0.153	1.915		
Serine.....g	0.255		0		1	0.072	0.908		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18275

Muffins, blueberry, dry mix

Measure 2 = 356g: 1 package, mix + drained berries

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18278

Muffins, blueberry, prepared from recipe, made with low fat (2%) milk

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	39.50		0		1		11.20	22.52	
Energy.....kcal	285		0	NC	4		81	162	
Energy.....kJ	1192				4		338	680	
Protein (N x 0).....g	6.50		0		1		1.84	3.71	
Total lipid (fat).....g	10.80		0		1		3.06	6.16	
Ash.....g	2.50		0		1		0.71	1.43	
Carbohydrate, by difference.....g	40.70		0	NC	4		11.54	23.20	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	189		0		1		54	108	
Iron, Fe.....mg	2.27		0		1		0.64	1.29	
Magnesium, Mg.....mg	16		0		1		5	9	
Phosphorus, P.....mg	145		0		1		41	83	
Potassium, K.....mg	123		0		1		35	70	
Sodium, Na.....mg	441		0		1		125	251	
Zinc, Zn.....mg	0.54		0		1		0.15	0.31	
Copper, Cu.....mg	0.071		0		1		0.020	0.040	
Manganese, Mn.....mg	0.312		0		1		0.088	0.178	
Selenium, Se.....µg	17.1		0	RK	4		4.8	9.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.5		0		1		0.4	0.9	
Thiamin.....mg	0.272		0		1		0.077	0.155	
Riboflavin.....mg	0.289		0		1		0.082	0.165	
Niacin.....mg	2.211		0		1		0.627	1.260	
Pantothenic acid.....mg	0.341		0		1		0.097	0.194	
Vitamin B-6.....mg	0.043		0		1		0.012	0.025	
Folate, total.....µg	48		0	RK	4		14	27	
Folic acid.....µg	36		0	NC	4		10	21	
Folate, food.....µg	12		0		1		3	7	
Folate, DFE.....mcg_DFE	73		0	NC	4		21	42	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.14		0		1		0.04	0.08	
Vitamin A, RAE.....mcg_RAE	38		0	NC	4		11	22	
Retinol.....µg	37		0	NC	4		10	21	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	141		0		1		40	80	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	2.030		0		1		0.576	1.157	
4:0.....g	0.025		0		1		0.007	0.014	

NDB No. 18278

Muffins, blueberry, prepared from recipe, made with low fat (2%) milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.015		0		1		0.004	0.009	
8:0.....g	0.009		0		1		0.003	0.005	
10:0.....g	0.020		0		1		0.006	0.011	
12:0.....g	0.022		0		1		0.006	0.013	
13:0.....g									
14:0.....g	0.090		0		1		0.026	0.051	
15:0.....g									
16:0.....g	1.349		0		1		0.382	0.769	
17:0.....g									
18:0.....g	0.494		0		1		0.140	0.282	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.596		0		1		0.736	1.480	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.059		0		1		0.017	0.034	
17:1.....g									
18:1 undifferentiated.....g	2.515		0		1		0.713	1.434	
20:1.....g	0.020		0		1		0.006	0.011	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.388		0		1		1.527	3.071	
18:2 undifferentiated.....g	4.752		0		1		1.347	2.709	
18:3 undifferentiated.....g	0.621		0		1		0.176	0.354	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.011		0		1		0.003	0.006	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.003		0		1		0.001	0.002	
Fatty acids, total trans.....g									
Cholesterol.....mg	37		0		1		10	21	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.081		0		1		0.023	0.046	
Threonine.....g	0.219		0		1		0.062	0.125	
Isoleucine.....g	0.276		0		1		0.078	0.157	
Leucine.....g	0.498		0		1		0.141	0.284	
Lysine.....g	0.264		0		1		0.075	0.150	
Methionine.....g	0.137		0		1		0.039	0.078	
Cystine.....g	0.124		0		1		0.035	0.071	
Phenylalanine.....g	0.325		0		1		0.092	0.185	
Tyrosine.....g	0.227		0		1		0.064	0.129	
Valine.....g	0.314		0		1		0.089	0.179	
Arginine.....g	0.277		0		1		0.079	0.158	
Histidine.....g	0.151		0		1		0.043	0.086	
Alanine.....g	0.235		0		1		0.067	0.134	
Aspartic acid.....g	0.376		0		1		0.107	0.214	
Glutamic acid.....g	1.799		0		1		0.510	1.025	
Glycine.....g	0.213		0		1		0.060	0.121	
Proline.....g	0.644		0		1		0.183	0.367	
Serine.....g	0.352		0		1		0.100	0.201	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18278

Muffins, blueberry, prepared from recipe, made with low fat (2%) milk

Measure 2 = 57g: 1 muffin

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18277
Muffins, blueberry, toaster-type

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	30.80		2		1		8.73	10.16	
Energy.....kcal	313		0	NC	4		89	103	
Energy.....kJ	1310		0		4		371	432	
Protein (N x 5.7).....g	4.60		2		1		1.30	1.52	
Total lipid (fat).....g	9.50		2		1		2.69	3.14	
Ash.....g	1.80		2		1		0.51	0.59	
Carbohydrate, by difference.....g	53.30		0	NC	4		15.11	17.59	
Fiber, total dietary.....g	1.8		0	RA	4		0.5	0.6	
Sugars, total.....g	4.85		0	FLC	4		1.37	1.60	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	13		1		1		4	4	
Iron, Fe.....mg	0.51		1		1		0.14	0.17	
Magnesium, Mg.....mg	12		0	FLA	4		3	4	
Phosphorus, P.....mg	59		0	FLA	4		17	19	
Potassium, K.....mg	83		1		1		24	27	
Sodium, Na.....mg	247		0	LC	8		70	82	
Zinc, Zn.....mg	0.39		0	FLA	4		0.11	0.13	
Copper, Cu.....mg	0.083		0	FLA	4		0.024	0.027	
Manganese, Mn.....mg	0.368		0	FLA	4		0.104	0.121	
Selenium, Se.....µg	17.6		0	FLA	4		5.0	5.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0	0.0	
Thiamin.....mg	0.240		1		1		0.068	0.079	
Riboflavin.....mg	0.290		1		1		0.082	0.096	
Niacin.....mg	2.020		1		1		0.573	0.667	
Pantothenic acid.....mg	0.246		0	FLA	4		0.070	0.081	
Vitamin B-6.....mg	0.027		0	FLA	4		0.008	0.009	
Folate, total.....µg	65		0	FLC	4		18	21	
Folic acid.....µg	54		0		4		15	18	
Folate, food.....µg	11		0		4		3	4	
Folate, DFE.....mcg_DFE	103		0	NC	4		29	34	
Choline, total.....mg	51.7		0	BFZN	4		14.7	17.1	
Betaine.....mg									
Vitamin B-12.....µg	0.02		0	FLA	4		0.01	0.01	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	94		0	NC	4		27	31	
Retinol.....µg	94		0	FLC	4		27	31	
Carotene, beta.....µg	3		0	FLC	4		1	1	
Carotene, alpha.....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLC	4		0	0	
Vitamin A, IU.....IU	318		0	NC	4		90	105	
Lycopene.....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....µg	19		0	FLC	4		5	6	
Vitamin E (alpha-tocopherol).....mg	0.91		0	FLC	4		0.26	0.30	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	19.3		0	FLC	4		5.5	6.4	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 18277
Muffins, blueberry, toaster-type

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number		measures of food				
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.398		0	FLA	4		0.396	0.461	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.009		0	FLA	4		0.003	0.003	
15:0.....g									
16:0.....g	1.018		0	FLA	4		0.289	0.336	
17:0.....g									
18:0.....g	0.351		0	FLA	4		0.100	0.116	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.162		0	FLA	4		0.613	0.713	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.022		0	FLA	4		0.006	0.007	
17:1.....g									
18:1 undifferentiated.....g	2.113		0	FLA	4		0.599	0.697	
20:1.....g	0.018		0	FLA	4		0.005	0.006	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.351		0	FLA	4		1.517	1.766	
18:2 undifferentiated.....g	4.722		0	FLA	4		1.339	1.558	
18:3 undifferentiated.....g	0.617		0	FLA	4		0.175	0.204	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0	FLA	4		0.001	0.001	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.001		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	6		0	FLA	4		2	2	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.062		0		1		0.018	0.020	
Threonine.....g	0.180		0		1		0.051	0.059	
Isoleucine.....g	0.205		0		1		0.058	0.068	
Leucine.....g	0.353		0		1		0.100	0.116	
Lysine.....g	0.259		0		1		0.073	0.085	
Methionine.....g	0.067		0		1		0.019	0.022	
Cystine.....g	0.076		0		1		0.022	0.025	
Phenylalanine.....g	0.228		0		1		0.065	0.075	
Tyrosine.....g	0.162		0		1		0.046	0.053	
Valine.....g	0.217		0		1		0.062	0.072	
Arginine.....g	0.304		0		1		0.086	0.100	
Histidine.....g	0.115		0		1		0.033	0.038	
Alanine.....g	0.196		0		1		0.056	0.065	
Aspartic acid.....g	0.479		0		1		0.136	0.158	
Glutamic acid.....g	0.967		0		1		0.274	0.319	
Glycine.....g	0.192		0		1		0.054	0.063	
Proline.....g	0.307		0		1		0.087	0.101	
Serine.....g	0.251		0		1		0.071	0.083	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18277
Muffins, blueberry, toaster-type

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Measure 1	Measure 2	Measure 3
			of Data	Code	Code			
		Points	Code	Code				

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 28.35g: 1 oz
Measure 2 = 33g: 1 muffin, toaster

Calories Factors: Protein 3.6 Fat 8.8 Carbohydrate4

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18386

Muffins, blueberry, toaster-type, toasted

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	26.40		0		1		7.48	8.18	
Energy.....kcal	333		0	NC	4		94	103	
Energy.....kJ	1393		0		4		395	432	
Protein (N x 0).....g	4.90		0		1		1.39	1.52	
Total lipid (fat).....g	10.10		0		1		2.86	3.13	
Ash.....g	1.90		0		1		0.54	0.59	
Carbohydrate, by difference.....g	56.70		0	NC	4		16.07	17.58	
Fiber, total dietary.....g	1.9		0	RA	4		0.5	0.6	
Sugars, total.....g	12.95		0	RA	4		3.67	4.01	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	14		0		1		4	4	
Iron, Fe.....mg	0.54		0		1		0.15	0.17	
Magnesium, Mg.....mg	15		0		4		4	5	
Phosphorus, P.....mg	192		0		4		54	60	
Potassium, K.....mg	88		0		1		25	27	
Sodium, Na.....mg	509		0		1		144	158	
Zinc, Zn.....mg	0.48		0		4		0.14	0.15	
Copper, Cu.....mg	0.100		0		4		0.028	0.031	
Manganese, Mn.....mg	0.470		0		4		0.133	0.146	
Selenium, Se.....µg	18.7		0	RK	4		5.3	5.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.204		0		1		0.058	0.063	
Riboflavin.....mg	0.278		0		1		0.079	0.086	
Niacin.....mg	1.934		0		1		0.548	0.600	
Pantothenic acid.....mg	0.205		0		4		0.058	0.064	
Vitamin B-6.....mg	0.028		0		4		0.008	0.009	
Folate, total.....µg	59		0	RA	4		17	18	
Folic acid.....µg	50		0		4		14	16	
Folate, food.....µg	9		0		4		3	3	
Folate, DFE.....mcg_DFE	94		0	NC	4		27	29	
Choline, total.....mg	55.6		0	RA	4		15.8	17.2	
Betaine.....mg									
Vitamin B-12.....µg	0.01		0		4		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	101		0	NC	4		29	31	
Retinol.....µg	101		0	RA	4		29	31	
Carotene, beta.....µg	3		0	RA	4		1	1	
Carotene, alpha.....µg	0		0	RA	4		0	0	
Cryptoxanthin, beta.....µg	0		0	RA	4		0	0	
Vitamin A, IU.....IU	341		0	NC	4		97	106	
Lycopene.....µg	0		0	RA	4		0	0	
Lutein + zeaxanthin.....µg	20		0	RA	4		6	6	
Vitamin E (alpha-tocopherol).....mg	0.98		0	RA	4		0.28	0.30	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	20.8		0	RA	4		5.9	6.4	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points					
Fatty acids, total saturated.....g	1.551		0		1		0.440	0.481
4:0.....g	0.001		0		1		0.000	0.000
6:0.....g	0.001		0		1		0.000	0.000
8:0.....g	0.001		0		1		0.000	0.000
10:0.....g	0.001		0		1		0.000	0.000
12:0.....g	0.001		0		1		0.000	0.000
13:0.....g								
14:0.....g	0.015		0		1		0.004	0.005
15:0.....g								
16:0.....g	1.135		0		1		0.322	0.352
17:0.....g								
18:0.....g	0.397		0		1		0.113	0.123
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	2.371		0		1		0.672	0.735
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.037		0		1		0.010	0.011
17:1.....g								
18:1 undifferentiated.....g	2.314		0		1		0.656	0.717
20:1.....g	0.019		0		1		0.005	0.006
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	5.477		0		1		1.553	1.698
18:2 undifferentiated.....g	4.839		0		1		1.372	1.500
18:3 undifferentiated.....g	0.627		0		1		0.178	0.194
18:4.....g	0.000		0	RA	4		0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.009		0		1		0.003	0.003
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000
22:5 n-3 (DPA).....g	0.000		0	RA	4		0.000	0.000
22:6 n-3 (DHA).....g	0.002		0		1		0.001	0.001
Fatty acids, total trans.....g								
Cholesterol.....mg	5		0		4		1	2
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.066		0		1		0.019	0.020
Threonine.....g	0.192		0		1		0.054	0.060
Isoleucine.....g	0.218		0		1		0.062	0.068
Leucine.....g	0.375		0		1		0.106	0.116
Lysine.....g	0.276		0		1		0.078	0.086
Methionine.....g	0.071		0		1		0.020	0.022
Cystine.....g	0.080		0		1		0.023	0.025
Phenylalanine.....g	0.242		0		1		0.069	0.075
Tyrosine.....g	0.172		0		1		0.049	0.053
Valine.....g	0.231		0		1		0.065	0.072
Arginine.....g	0.324		0		1		0.092	0.100
Histidine.....g	0.122		0		1		0.035	0.038
Alanine.....g	0.208		0		1		0.059	0.064
Aspartic acid.....g	0.510		0		1		0.145	0.158
Glutamic acid.....g	1.029		0		1		0.292	0.319
Glycine.....g	0.204		0		1		0.058	0.063
Proline.....g	0.326		0		1		0.092	0.101
Serine.....g	0.267		0		1		0.076	0.083
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0
Caffeine.....mg	0		0	RA	4		0	0
Theobromine.....mg	0		0	RA	4		0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18386

Muffins, blueberry, toaster-type, toasted

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 31g: 1 muffin, toaster

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18279

Muffins, corn, commercially prepared

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	32.60	1.403	6		1		9.24	5.54	21.52
Energy.....kcal	305		0	NC	4		86	52	201
Energy.....kJ	1276		0		4		362	217	842
Protein (N x 5.9).....g	5.90		2		1		1.67	1.00	3.89
Total lipid (fat).....g	8.40		2		1		2.38	1.43	5.54
Ash.....g	2.10	0.116	3		1		0.60	0.36	1.39
Carbohydrate, by difference.....g	50.90		0	NC	4		14.43	8.65	33.59
Fiber, total dietary.....g	3.4		0		4		1.0	0.6	2.2
Sugars, total.....g	7.50		0	FLA	4		2.13	1.27	4.95
Starch.....g									
Minerals:									
Calcium, Ca.....mg	74		2		1		21	13	49
Iron, Fe.....mg	2.81		1		1		0.80	0.48	1.85
Magnesium, Mg.....mg	32		0	FLA	4		9	5	21
Phosphorus, P.....mg	284		2		1		81	48	187
Potassium, K.....mg	69		1		1		20	12	46
Sodium, Na.....mg	640		0	LC	8		181	109	422
Zinc, Zn.....mg	0.54		0	FLA	4		0.15	0.09	0.36
Copper, Cu.....mg	0.299		0	FLA	4		0.085	0.051	0.197
Manganese, Mn.....mg	0.355		0	FLA	4		0.101	0.060	0.234
Selenium, Se.....µg	15.2	3.470	3	A	1		4.3	2.6	10.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	0.0
Thiamin.....mg	0.273		1		1		0.077	0.046	0.180
Riboflavin.....mg	0.326		1		1		0.092	0.055	0.215
Niacin.....mg	2.037		1		1		0.577	0.346	1.344
Pantothenic acid.....mg	0.444		1		1		0.126	0.075	0.293
Vitamin B-6.....mg	0.084		1		1		0.024	0.014	0.055
Folate, total.....µg	80		0	FLA	4		23	14	53
Folic acid.....µg	46		0	FLA	4		13	8	30
Folate, food.....µg	34		0		4		10	6	22
Folate, DFE.....mcg_DFE	112		0	NC	4		32	19	74
Choline, total.....mg	51.7		0	BFZN	4		14.7	8.8	34.1
Betaine.....mg									
Vitamin B-12.....µg	0.09		0	FLA	4		0.03	0.02	0.06
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	52		0	NC	4		15	9	34
Retinol.....µg	49		0	FLC	4		14	8	33
Carotene, beta.....µg	20		0	FLC	4		6	3	13
Carotene, alpha.....µg	12		0	FLC	4		3	2	8
Cryptoxanthin, beta.....µg	0		0	FLC	4		0	0	0
Vitamin A, IU.....IU	208		0	NC	4		59	35	137
Lycopene.....µg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin.....µg	263		0	FLC	4		75	45	174
Vitamin E (alpha-tocopherol).....mg	0.80		0	FLC	4		0.23	0.14	0.53
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	2.3		0	FLC	4		0.7	0.4	1.5
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Muffins, corn, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.354		0	FLA	4		0.384	0.230	0.894
4:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
12:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.021		0	FLA	4		0.006	0.004	0.014
15:0.....g									
16:0.....g	1.048		0	FLA	4		0.297	0.178	0.692
17:0.....g									
18:0.....g	0.278		0	FLA	4		0.079	0.047	0.183
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.104		0	FLA	4		0.596	0.358	1.389
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.031		0	FLA	4		0.009	0.005	0.020
17:1.....g									
18:1 undifferentiated.....g	2.070		0	FLA	4		0.587	0.352	1.366
20:1.....g	0.002		0	FLA	4		0.001	0.000	0.001
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.215		0	FLA	4		0.911	0.547	2.122
18:2 undifferentiated.....g	3.021		0	FLA	4		0.856	0.514	1.994
18:3 undifferentiated.....g	0.182		0	FLA	4		0.052	0.031	0.120
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.009		0	FLA	4		0.003	0.002	0.006
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.002		0	FLA	4		0.001	0.000	0.001
Fatty acids, total trans.....g									
Cholesterol.....mg	26		0	FLA	4		7	4	17
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.068		0		1		0.019	0.012	0.045
Threonine.....g	0.226		0		1		0.064	0.038	0.149
Isoleucine.....g	0.257		0		1		0.073	0.044	0.170
Leucine.....g	0.516		0		1		0.146	0.088	0.341
Lysine.....g	0.279		0		1		0.079	0.047	0.184
Methionine.....g	0.117		0		1		0.033	0.020	0.077
Cystine.....g	0.110		0		1		0.031	0.019	0.073
Phenylalanine.....g	0.297		0		1		0.084	0.050	0.196
Tyrosine.....g	0.218		0		1		0.062	0.037	0.144
Valine.....g	0.294		0		1		0.083	0.050	0.194
Arginine.....g	0.319		0		1		0.090	0.054	0.211
Histidine.....g	0.151		0		1		0.043	0.026	0.100
Alanine.....g	0.285		0		1		0.081	0.048	0.188
Aspartic acid.....g	0.480		0		1		0.136	0.082	0.317
Glutamic acid.....g	1.326		0		1		0.376	0.225	0.875
Glycine.....g	0.224		0		1		0.064	0.038	0.148
Proline.....g	0.477		0		1		0.135	0.081	0.315
Serine.....g	0.325		0		1		0.092	0.055	0.215
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0	0
Theobromine.....mg	0		0	FLC	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18279

Muffins, corn, commercially prepared

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 17g: 1 mini

Measure 3 = 66g: 1 small

Calories Factors: Protein 3.8

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18280
Muffins, corn, dry mix, prepared

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	30.50		0		1		8.65		
Energy.....kcal	321		0	NC	4		91		
Energy.....kJ	1343				4		381		
Protein.....g	7.40		0		1		2.10		
Total lipid (fat).....g	10.20		0		1		2.89		
Ash.....g	2.80		0		1		0.79		
Carbohydrate, by difference.....g	49.10		0	NC	4		13.92		
Fiber, total dietary.....g	2.4		0		4		0.7		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	75		0		1		21		
Iron, Fe.....mg	1.94		0		1		0.55		
Magnesium, Mg.....mg	21		0		1		6		
Phosphorus, P.....mg	384		0		1		109		
Potassium, K.....mg	131		0		1		37		
Sodium, Na.....mg	795		0		1		225		
Zinc, Zn.....mg	0.64		0		1		0.18		
Copper, Cu.....mg	0.063		0		1		0.018		
Manganese, Mn.....mg	0.221		0		1		0.063		
Selenium, Se.....µg	15.2	3.470	3	A	1		4.3		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0		1		0.0		
Thiamin.....mg	0.249		0		1		0.071		
Riboflavin.....mg	0.276		0		1		0.078		
Niacin.....mg	2.101		0		1		0.596		
Pantothenic acid.....mg	0.451		0		1		0.128		
Vitamin B-6.....mg	0.106		0		1		0.030		
Folate, total.....µg	57		0	RP	4		16		
Folic acid.....µg	46		0	NC	4		13		
Folate, food.....µg	11		0		1		3		
Folate, DFE.....mcg_DFE	89		0	NC	4		25		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.16		0		1		0.05		
Vitamin A, RAE.....mcg_RAE	41		0	NC	4		11		
Retinol.....µg	36		0	NC	4		10		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	210		0		1		60		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	2.797		0		1		0.793		
4:0.....g	0.017		0		1		0.005		

NDB No. 18280
Muffins, corn, dry mix, prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
6:0.....g	0.010		0		1		0.003		
8:0.....g	0.006		0		1		0.002		
10:0.....g	0.013		0		1		0.004		
12:0.....g	0.015		0		1		0.004		
13:0.....g									
14:0.....g	0.096		0		1		0.027		
15:0.....g									
16:0.....g	1.507		0		1		0.427		
17:0.....g									
18:0.....g	1.124		0		1		0.319		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.249		0		1		1.488		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.054		0		1		0.015		
17:1.....g									
18:1 undifferentiated.....g	5.189		0		1		1.471		
20:1.....g	0.004		0		1		0.001		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.250		0		1		0.354		
18:2 undifferentiated.....g	1.159		0		1		0.329		
18:3 undifferentiated.....g	0.064		0		1		0.018		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.020		0		1		0.006		
20:5 n-3 (EPA).....g	0.001		0		1		0.000		
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g	0.005		0		1		0.001		
Fatty acids, total trans.....g									
Cholesterol.....mg	62		0		1		18		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.081		0		1		0.023		
Threonine.....g	0.273		0		1		0.077		
Isoleucine.....g	0.317		0		1		0.090		
Leucine.....g	0.660		0		1		0.187		
Lysine.....g	0.323		0		1		0.092		
Methionine.....g	0.166		0		1		0.047		
Cystine.....g	0.139		0		1		0.039		
Phenylalanine.....g	0.367		0		1		0.104		
Tyrosine.....g	0.275		0		1		0.078		
Valine.....g	0.379		0		1		0.107		
Arginine.....g	0.341		0		1		0.097		
Histidine.....g	0.184		0		1		0.052		
Alanine.....g	0.356		0		1		0.101		
Aspartic acid.....g	0.498		0		1		0.141		
Glutamic acid.....g	1.659		0		1		0.470		
Glycine.....g	0.251		0		1		0.071		
Proline.....g	0.634		0		1		0.180		
Serine.....g	0.404		0		1		0.115		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18280
Muffins, corn, dry mix, prepared

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18282

Muffins, corn, prepared from recipe, made with low fat (2%) milk

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	33.00		0		1		9.36	18.81	
Energy.....kcal	316		0	NC	4		90	180	
Energy.....kJ	1322				4		375	754	
Protein (N x 0).....g	7.10		0		1		2.01	4.05	
Total lipid (fat).....g	12.30		0		1		3.49	7.01	
Ash.....g	3.40		0		1		0.96	1.94	
Carbohydrate, by difference.....g	44.20		0	NC	4		12.53	25.19	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	259		0		1		73	148	
Iron, Fe.....mg	2.61		0		1		0.74	1.49	
Magnesium, Mg.....mg	23		0		1		7	13	
Phosphorus, P.....mg	177		0		1		50	101	
Potassium, K.....mg	145		0		1		41	83	
Sodium, Na.....mg	585		0		1		166	333	
Zinc, Zn.....mg	0.61		0		1		0.17	0.35	
Copper, Cu.....mg	0.059		0		1		0.017	0.034	
Manganese, Mn.....mg	0.186		0		1		0.053	0.106	
Selenium, Se.....µg	13.4		0	RK	4		3.8	7.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		0		1		0.1	0.2	
Thiamin.....mg	0.303		0		1		0.086	0.173	
Riboflavin.....mg	0.310		0		1		0.088	0.177	
Niacin.....mg	2.382		0		1		0.675	1.358	
Pantothenic acid.....mg	0.359		0		1		0.102	0.205	
Vitamin B-6.....mg	0.093		0		1		0.026	0.053	
Folate, total.....µg	75		0	FLA	4		21	43	
Folic acid.....µg	57		0	FLA	4		16	32	
Folate, food.....µg	18		0		1		5	10	
Folate, DFE.....mcg_DFE	115		0	NC	4		33	65	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.16		0		1		0.05	0.09	
Vitamin A, RAE.....mcg_RAE									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	241		0		1		68	137	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	2.311		0		1		0.655	1.317	
4:0.....g	0.028		0		1		0.008	0.016	

NDB No. 18282

Muffins, corn, prepared from recipe, made with low fat (2%) milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.017		0		1		0.005	0.010	
8:0.....g	0.010		0		1		0.003	0.006	
10:0.....g	0.022		0		1		0.006	0.013	
12:0.....g	0.025		0		1		0.007	0.014	
13:0.....g									
14:0.....g	0.102		0		1		0.029	0.058	
15:0.....g									
16:0.....g	1.535		0		1		0.435	0.875	
17:0.....g									
18:0.....g	0.562		0		1		0.159	0.320	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.012		0		1		0.854	1.717	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.068		0		1		0.019	0.039	
17:1.....g									
18:1 undifferentiated.....g	2.919		0		1		0.828	1.664	
20:1.....g	0.022		0		1		0.006	0.013	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.162		0		1		1.747	3.512	
18:2 undifferentiated.....g	5.445		0		1		1.544	3.104	
18:3 undifferentiated.....g	0.700		0		1		0.198	0.399	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.013		0		1		0.004	0.007	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.003		0		1		0.001	0.002	
Fatty acids, total trans.....g									
Cholesterol.....mg	42		0		1		12	24	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.077		0		1		0.022	0.044	
Threonine.....g	0.261		0		1		0.074	0.149	
Isoleucine.....g	0.304		0		1		0.086	0.173	
Leucine.....g	0.655		0		1		0.186	0.373	
Lysine.....g	0.304		0		1		0.086	0.173	
Methionine.....g	0.156		0		1		0.044	0.089	
Cystine.....g	0.127		0		1		0.036	0.072	
Phenylalanine.....g	0.350		0		1		0.099	0.200	
Tyrosine.....g	0.271		0		1		0.077	0.154	
Valine.....g	0.364		0		1		0.103	0.207	
Arginine.....g	0.319		0		1		0.090	0.182	
Histidine.....g	0.182		0		1		0.052	0.104	
Alanine.....g	0.345		0		1		0.098	0.197	
Aspartic acid.....g	0.466		0		1		0.132	0.266	
Glutamic acid.....g	1.628		0		1		0.462	0.928	
Glycine.....g	0.239		0		1		0.068	0.136	
Proline.....g	0.637		0		1		0.181	0.363	
Serine.....g	0.378		0		1		0.107	0.215	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18282

Muffins, corn, prepared from recipe, made with low fat (2%) milk

Measure 2 = 57g: 1 muffin (2-3/4" dia x 2")

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18281
Muffins, corn, toaster-type

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	23.60		2		1		6.69	7.79	
Energy.....kcal	346		0	NC	4		98	114	
Energy.....kJ	1448				4		410	478	
Protein (N x 5.9).....g	5.30		2		1		1.50	1.75	
Total lipid (fat).....g	11.30		2		1		3.20	3.73	
Ash.....g	1.90		2		1		0.54	0.63	
Carbohydrate, by difference.....g	57.90		0	NC	4		16.41	19.11	
Fiber, total dietary.....g	1.6		0		4		0.5	0.5	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	19		1		1		5	6	
Iron, Fe.....mg	1.47		1		1		0.42	0.49	
Magnesium, Mg.....mg	14		0	FLA	4		4	5	
Phosphorus, P.....mg	151		0	FLA	4		43	50	
Potassium, K.....mg	92		1		1		26	30	
Sodium, Na.....mg	430		1		1		122	142	
Zinc, Zn.....mg	0.39		0	FLA	4		0.11	0.13	
Copper, Cu.....mg	0.072		0	FLA	4		0.020	0.024	
Manganese, Mn.....mg	0.280		0	FLA	4		0.079	0.092	
Selenium, Se.....µg	15.2		0	FLA	4		4.3	5.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0	0.0	
Thiamin.....mg	0.310		1		1		0.088	0.102	
Riboflavin.....mg	0.370		1		1		0.105	0.122	
Niacin.....mg	2.310		1		1		0.655	0.762	
Pantothenic acid.....mg	0.241		0	FLA	4		0.068	0.080	
Vitamin B-6.....mg	0.048		0	FLA	4		0.014	0.016	
Folate, total.....µg	57		0	FLA	4		16	19	
Folic acid.....µg	45		0	NC	4		13	15	
Folate, food.....µg	12		0		4		3	4	
Folate, DFE.....mcg_DFE	89		0	NC	4		25	29	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.03		0	FLA	4		0.01	0.01	
Vitamin A, RAE.....mcg_RAE	18		0	NC	4		5	6	
Retinol.....µg	16		0	NC	4		5	5	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	97		1		1		27	32	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.681		0	FLA	4		0.477	0.555	
4:0.....g	0.000		0	FLA	4		0.000	0.000	

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Muffins, corn, toaster-type

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.012		0	FLA	4		0.003	0.004	
15:0.....g									
16:0.....g	1.220		0	FLA	4		0.346	0.403	
17:0.....g									
18:0.....g	0.426		0	FLA	4		0.121	0.141	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.625		0	FLA	4		0.744	0.866	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.030		0	FLA	4		0.009	0.010	
17:1.....g									
18:1 undifferentiated.....g	2.562		0	FLA	4		0.726	0.845	
20:1.....g	0.022		0	FLA	4		0.006	0.007	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.324		0	FLA	4		1.793	2.087	
18:2 undifferentiated.....g	5.586		0	FLA	4		1.584	1.843	
18:3 undifferentiated.....g	0.722		0	FLA	4		0.205	0.238	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.004		0	FLA	4		0.001	0.001	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.001		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	13		0	FLA	4		4	4	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.060		0		1		0.017	0.020	
Threonine.....g	0.186		0		1		0.053	0.061	
Isoleucine.....g	0.214		0		1		0.061	0.071	
Leucine.....g	0.441		0		1		0.125	0.146	
Lysine.....g	0.197		0		1		0.056	0.065	
Methionine.....g	0.118		0		1		0.033	0.039	
Cystine.....g	0.113		0		1		0.032	0.037	
Phenylalanine.....g	0.271		0		1		0.077	0.089	
Tyrosine.....g	0.186		0		1		0.053	0.061	
Valine.....g	0.254		0		1		0.072	0.084	
Arginine.....g	0.252		0		1		0.071	0.083	
Histidine.....g	0.129		0		1		0.037	0.043	
Alanine.....g	0.245		0		1		0.069	0.081	
Aspartic acid.....g	0.336		0		1		0.095	0.111	
Glutamic acid.....g	1.352		0		1		0.383	0.446	
Glycine.....g	0.192		0		1		0.054	0.063	
Proline.....g	0.478		0		1		0.136	0.158	
Serine.....g	0.300		0		1		0.085	0.099	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

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Muffins, corn, toaster-type

Measure 2 = 33g: 1 muffin, toaster

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18283
Muffins, oat bran

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	35.00		2		1		9.92	5.95	23.10
Energy.....kcal	270		0	NC	4		77	46	178
Energy.....kJ	1130		0		4		320	192	746
Protein (N x 6.2).....g	7.00		2		1		1.98	1.19	4.62
Total lipid (fat).....g	7.40	0.081	3		1		2.10	1.26	4.88
Ash.....g	2.30	0.000	4		1		0.65	0.39	1.52
Carbohydrate, by difference.....g	48.30		0		4		13.69	8.21	31.88
Fiber, total dietary.....g	4.6		0		1		1.3	0.8	3.0
Sugars, total.....g	8.22		0	FLC	4		2.33	1.40	5.42
Starch.....g									
Minerals:									
Calcium, Ca.....mg	63		2		1		18	11	42
Iron, Fe.....mg	4.20		2		1		1.19	0.71	2.77
Magnesium, Mg.....mg	157		2		1		45	27	104
Phosphorus, P.....mg	376		2		1		107	64	248
Potassium, K.....mg	507		2		1		144	86	335
Sodium, Na.....mg	393		2		1		111	67	259
Zinc, Zn.....mg	1.84		2		1		0.52	0.31	1.21
Copper, Cu.....mg	0.330		2		1		0.094	0.056	0.218
Manganese, Mn.....mg	2.630		2		1		0.746	0.447	1.736
Selenium, Se.....µg	11.0		0	FLA	4		3.1	1.9	7.3
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	0.0
Thiamin.....mg	0.262	0.008	8		1		0.074	0.045	0.173
Riboflavin.....mg	0.095	0.002	8		1		0.027	0.016	0.063
Niacin.....mg	0.420	0.025	8		1		0.119	0.071	0.277
Pantothenic acid.....mg	1.010	0.025	8		1		0.286	0.172	0.667
Vitamin B-6.....mg	0.161		0		4		0.046	0.027	0.106
Folate, total.....µg	89		0	FLC	4		25	15	59
Folic acid.....µg	71		0		4		20	12	47
Folate, food.....µg	18	0.290	8		1		5	3	12
Folate, DFE.....mcg_DFE	139		0	NC	4		39	24	92
Choline, total.....mg	6.6		0	FLC	4		1.9	1.1	4.4
Betaine.....mg									
Vitamin B-12.....µg	0.01		0	FLA	4		0.00	0.00	0.01
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....µg	0		0	FLC	4		0	0	0
Carotene, beta.....µg	0		0	FLC	4		0	0	0
Carotene, alpha.....µg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	FLC	4		0	0	0
Vitamin A, IU.....IU	0		0	NC	4		0	0	0
Lycopene.....µg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin.....µg	13		0	FLC	4		4	2	8
Vitamin E (alpha-tocopherol).....mg	0.66		0	FLC	4		0.19	0.11	0.44
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	13.0		0	FLC	4		3.7	2.2	8.6
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Fatty acids, total saturated.....g	1.087		0	FLA	4		0.308	0.185	0.717
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.002		0	FLA	4		0.001	0.000	0.001
13:0.....g									
14:0.....g	0.008		0	FLA	4		0.002	0.001	0.005
15:0.....g									
16:0.....g	0.803		0	FLA	4		0.228	0.137	0.530
17:0.....g									
18:0.....g	0.252		0	FLA	4		0.071	0.043	0.166
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.695		0	FLA	4		0.481	0.288	1.119
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.016		0	FLA	4		0.005	0.003	0.011
17:1.....g									
18:1 undifferentiated.....g	1.661		0	FLA	4		0.471	0.282	1.096
20:1.....g	0.013		0	FLA	4		0.004	0.002	0.009
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.129		0	FLA	4		1.171	0.702	2.725
18:2 undifferentiated.....g	3.664		0	FLA	4		1.039	0.623	2.418
18:3 undifferentiated.....g	0.458		0	FLA	4		0.130	0.078	0.302
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.105		0		4		0.030	0.018	0.069
Threonine.....g	0.210		0		4		0.060	0.036	0.139
Isoleucine.....g	0.262		0		4		0.074	0.045	0.173
Leucine.....g	0.506		0		4		0.143	0.086	0.334
Lysine.....g	0.277		0		4		0.079	0.047	0.183
Methionine.....g	0.123		0		4		0.035	0.021	0.081
Cystine.....g	0.182		0		4		0.052	0.031	0.120
Phenylalanine.....g	0.346		0		4		0.098	0.059	0.228
Tyrosine.....g	0.234		0		4		0.066	0.040	0.154
Valine.....g	0.364		0		4		0.103	0.062	0.240
Arginine.....g	0.472		0		4		0.134	0.080	0.312
Histidine.....g	0.156		0		4		0.044	0.027	0.103
Alanine.....g	0.337		0		4		0.096	0.057	0.222
Aspartic acid.....g	0.576		0		4		0.163	0.098	0.380
Glutamic acid.....g	1.430		0		4		0.405	0.243	0.944
Glycine.....g	0.338		0		4		0.096	0.057	0.223
Proline.....g	0.365		0		4		0.103	0.062	0.241
Serine.....g	0.309		0		4		0.088	0.053	0.204
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0	0
Theobromine.....mg	0		0	FLC	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

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Muffins, oat bran

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 17g: 1 mini

Measure 3 = 66g: 1 small

Calories Factors: Protein 3.2

Fat 8.7

Carbohydrate 3.8

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18273

Muffins, plain, prepared from recipe, made with low fat (2%) milk

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	37.70		0		1		10.69	21.49	
Energy.....kcal	296		0	NC	4		84	169	
Energy.....kJ	1238		0		4		351	706	
Protein (N x 0).....g	6.90		0		1		1.96	3.93	
Total lipid (fat).....g	11.40		0		1		3.23	6.50	
Ash.....g	2.70		0		1		0.77	1.54	
Carbohydrate, by difference.....g	41.40		0	NC	4		11.74	23.60	
Fiber, total dietary.....g	2.7		0		4		0.8	1.5	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	200		0		1		57	114	
Iron, Fe.....mg	2.39		0		1		0.68	1.36	
Magnesium, Mg.....mg	17		0		1		5	10	
Phosphorus, P.....mg	153		0		1		43	87	
Potassium, K.....mg	121		0		1		34	69	
Sodium, Na.....mg	467		0		1		132	266	
Zinc, Zn.....mg	0.56		0		1		0.16	0.32	
Copper, Cu.....mg	0.069		0		1		0.020	0.039	
Manganese, Mn.....mg	0.296		0		1		0.084	0.169	
Selenium, Se.....µg	18.0		0	RK	4		5.1	10.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		0		1		0.1	0.2	
Thiamin.....mg	0.284		0		1		0.081	0.162	
Riboflavin.....mg	0.301		0		1		0.085	0.172	
Niacin.....mg	2.308		0		1		0.654	1.316	
Pantothenic acid.....mg	0.351		0		1		0.100	0.200	
Vitamin B-6.....mg	0.042		0		1		0.012	0.024	
Folate, total.....µg	51		0	RK	4		14	29	
Folic acid.....µg	38		0	NC	4		11	22	
Folate, food.....µg	13		0		1		4	7	
Folate, DFE.....mcg_DFE	78		0	NC	4		22	44	
Choline, total.....mg	43.4		0	AS	1		12.3	24.7	
Betaine.....mg									
Vitamin B-12.....µg	0.15		0		1		0.04	0.09	
Vitamin A, RAE.....mcg_RAE	40		0	NC	4		11	23	
Retinol.....µg	39		0	NC	4		11	22	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	140		0		1		40	80	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	2.156		0		1		0.611	1.229	
4:0.....g	0.027		0		1		0.008	0.015	

NDB No. 18273

Muffins, plain, prepared from recipe, made with low fat (2%) milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.016		0		1		0.005	0.009	
8:0.....g	0.009		0		1		0.003	0.005	
10:0.....g	0.021		0		1		0.006	0.012	
12:0.....g	0.024		0		1		0.007	0.014	
13:0.....g									
14:0.....g	0.095		0		1		0.027	0.054	
15:0.....g									
16:0.....g	1.433		0		1		0.406	0.817	
17:0.....g									
18:0.....g	0.525		0		1		0.149	0.299	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.757		0		1		0.782	1.571	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.063		0		1		0.018	0.036	
17:1.....g									
18:1 undifferentiated.....g	2.671		0		1		0.757	1.522	
20:1.....g	0.021		0		1		0.006	0.012	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.721		0		1		1.622	3.261	
18:2 undifferentiated.....g	5.046		0		1		1.431	2.876	
18:3 undifferentiated.....g	0.659		0		1		0.187	0.376	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.012		0		1		0.003	0.007	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.003		0		1		0.001	0.002	
Fatty acids, total trans.....g									
Cholesterol.....mg	39		0		1		11	22	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.086		0		1		0.024	0.049	
Threonine.....g	0.231		0		1		0.065	0.132	
Isoleucine.....g	0.290		0		1		0.082	0.165	
Leucine.....g	0.523		0		1		0.148	0.298	
Lysine.....g	0.279		0		1		0.079	0.159	
Methionine.....g	0.144		0		1		0.041	0.082	
Cystine.....g	0.130		0		1		0.037	0.074	
Phenylalanine.....g	0.342		0		1		0.097	0.195	
Tyrosine.....g	0.240		0		1		0.068	0.137	
Valine.....g	0.330		0		1		0.094	0.188	
Arginine.....g	0.290		0		1		0.082	0.165	
Histidine.....g	0.159		0		1		0.045	0.091	
Alanine.....g	0.246		0		1		0.070	0.140	
Aspartic acid.....g	0.393		0		1		0.111	0.224	
Glutamic acid.....g	1.900		0		1		0.539	1.083	
Glycine.....g	0.222		0		1		0.063	0.127	
Proline.....g	0.681		0		1		0.193	0.388	
Serine.....g	0.371		0		1		0.105	0.211	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18273

Muffins, plain, prepared from recipe, made with low fat (2%) milk

Measure 2 = 57g: 1 muffin

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18284
Muffins, wheat bran, dry mix

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	4.80		1		1		1.36	9.50	
Energy.....kcal	396		0	NC	4		112	784	
Energy.....kJ	1657				4		470	3281	
Protein (N x 6).....g	7.10		1		1		2.01	14.06	
Total lipid (fat).....g	12.00		1		1		3.40	23.76	
Ash.....g	3.10		1		1		0.88	6.14	
Carbohydrate, by difference.....g	73.00		0	NC	4		20.70	144.54	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	36		1		1		10	71	
Iron, Fe.....mg	3.60		1		1		1.02	7.13	
Magnesium, Mg.....mg	87		1		1		25	172	
Phosphorus, P.....mg	480		1		1		136	950	
Potassium, K.....mg	200		1		1		57	396	
Sodium, Na.....mg	700		1		1		198	1386	
Zinc, Zn.....mg	1.50		1		1		0.43	2.97	
Copper, Cu.....mg	0.200		1		1		0.057	0.396	
Manganese, Mn.....mg	2.666		0	FLA	4		0.756	5.279	
Selenium, Se.....µg	18.0		0	FLA	4		5.1	35.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.360		1		1		0.102	0.713	
Riboflavin.....mg	0.280		1		1		0.079	0.554	
Niacin.....mg	5.000		1		1		1.418	9.900	
Pantothenic acid.....mg	0.669		0	FLA	4		0.190	1.325	
Vitamin B-6.....mg	0.282		0	FLA	4		0.080	0.558	
Folate, total.....µg	85		0	FLA	4		24	168	
Folic acid.....µg	62		0	NC	4		18	123	
Folate, food.....µg	23		0		4		7	46	
Folate, DFE.....mcg_DFE	128		0	NC	4		36	254	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		1		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	2.939		0	FLA	4		0.833	5.819	
4:0.....g	0.000		0	FLA	4		0.000	0.000	

NDB No. 18284
Muffins, wheat bran, dry mix

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.056		0	FLA	4		0.016	0.111	
15:0.....g									
16:0.....g	1.562		0	FLA	4		0.443	3.093	
17:0.....g									
18:0.....g	1.312		0	FLA	4		0.372	2.598	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.403		0	FLA	4		1.815	12.678	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0	FLA	4		0.001	0.010	
17:1.....g									
18:1 undifferentiated.....g	6.398		0	FLA	4		1.814	12.668	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.904		0	FLA	4		0.540	3.770	
18:2 undifferentiated.....g	1.795		0	FLA	4		0.509	3.554	
18:3 undifferentiated.....g	0.108		0	FLA	4		0.031	0.214	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0	FLA	4		0.000	0.002	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.115		0		1		0.033	0.228	
Threonine.....g	0.212		0		1		0.060	0.420	
Isoleucine.....g	0.245		0		1		0.069	0.485	
Leucine.....g	0.453		0		1		0.128	0.897	
Lysine.....g	0.259		0		1		0.073	0.513	
Methionine.....g	0.112		0		1		0.032	0.222	
Cystine.....g	0.162		0		1		0.046	0.321	
Phenylalanine.....g	0.303		0		1		0.086	0.600	
Tyrosine.....g	0.201		0		1		0.057	0.398	
Valine.....g	0.322		0		1		0.091	0.638	
Arginine.....g	0.385		0		1		0.109	0.762	
Histidine.....g	0.170		0		1		0.048	0.337	
Alanine.....g	0.282		0		1		0.080	0.558	
Aspartic acid.....g	0.406		0		1		0.115	0.804	
Glutamic acid.....g	1.823		0		1		0.517	3.610	
Glycine.....g	0.326		0		1		0.092	0.645	
Proline.....g	0.594		0		1		0.168	1.176	
Serine.....g	0.343		0		1		0.097	0.679	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18284

Muffins, wheat bran, dry mix

Measure 2 = 198g: 1 package (7 oz)

Calories Factors: Protein 2.9

Fat 8.8

Carbohydrate 3.7

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18286

Muffins, wheat bran, toaster-type with raisins

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	31.40		2		1		8.90	11.30	
Energy.....kcal	295		0	NC	4		84	106	
Energy.....kJ	1234		0		4		350	444	
Protein (N x 5.9).....g	5.20		2		1		1.47	1.87	
Total lipid (fat).....g	8.80		2		1		2.49	3.17	
Ash.....g	2.40		2		1		0.68	0.86	
Carbohydrate, by difference.....g	52.20		0	NC	4		14.80	18.79	
Fiber, total dietary.....g	7.7		0	RA	4		2.2	2.8	
Sugars, total.....g	13.98		0	FLA	4		3.96	5.03	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	37		1		1		10	13	
Iron, Fe.....mg	2.66		1		1		0.75	0.96	
Magnesium, Mg.....mg	31		0	FLA	4		9	11	
Phosphorus, P.....mg	198		0	FLA	4		56	71	
Potassium, K.....mg	166		1		1		47	60	
Sodium, Na.....mg	495		1		1		140	178	
Zinc, Zn.....mg	0.65		0	FLA	4		0.18	0.23	
Copper, Cu.....mg	0.137		0	FLA	4		0.039	0.049	
Manganese, Mn.....mg	0.715		0	FLA	4		0.203	0.257	
Selenium, Se.....µg	19.1		0	FLA	4		5.4	6.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0	0.0	
Thiamin.....mg	0.240		1		1		0.068	0.086	
Riboflavin.....mg	0.300		1		1		0.085	0.108	
Niacin.....mg	2.420		1		1		0.686	0.871	
Pantothenic acid.....mg	0.311		0	FLA	4		0.088	0.112	
Vitamin B-6.....mg	0.098		0	FLA	4		0.028	0.035	
Folate, total.....µg	33		0	FLA	4		9	12	
Folic acid.....µg	23		0		4		7	8	
Folate, food.....µg	10		0		4		3	4	
Folate, DFE.....mcg_DFE	49		0	NC	4		14	18	
Choline, total.....mg	51.7		0	BFZN	4		14.7	18.6	
Betaine.....mg									
Vitamin B-12.....µg	0.04		0	FLA	4		0.01	0.01	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	53		0	NC	4		15	19	
Retinol.....µg	53		0	FLA	4		15	19	
Carotene, beta.....µg	1		0	FLA	4		0	0	
Carotene, alpha.....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	178		0	NC	4		51	64	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	47		0	FLA	4		13	17	
Vitamin E (alpha-tocopherol).....mg	0.92		0	FLA	4		0.26	0.33	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	16.4		0	FLA	4		4.6	5.9	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Muffins, wheat bran, toaster-type with raisins

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.357		0	FLA	4		0.385	0.489	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.002		0	FLA	4		0.001	0.001	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.010		0	FLA	4		0.003	0.004	
15:0.....g									
16:0.....g	0.989		0	FLA	4		0.280	0.356	
17:0.....g									
18:0.....g	0.337		0	FLA	4		0.096	0.121	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.036		0	FLA	4		0.577	0.733	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.027		0	FLA	4		0.008	0.010	
17:1.....g									
18:1 undifferentiated.....g	1.983		0	FLA	4		0.562	0.714	
20:1.....g	0.017		0	FLA	4		0.005	0.006	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.822		0	FLA	4		1.367	1.736	
18:2 undifferentiated.....g	4.254		0	FLA	4		1.206	1.531	
18:3 undifferentiated.....g	0.549		0	FLA	4		0.156	0.198	
18:4.....g	0.001		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.006		0	FLA	4		0.002	0.002	
20:5 n-3 (EPA).....g	0.003		0	FLA	4		0.001	0.001	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.002		0	FLA	4		0.001	0.001	
Fatty acids, total trans.....g									
Cholesterol.....mg	17		0	FLA	4		5	6	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.070		0		1		0.020	0.025	
Threonine.....g	0.185		0		1		0.052	0.067	
Isoleucine.....g	0.206		0		1		0.058	0.074	
Leucine.....g	0.370		0		1		0.105	0.133	
Lysine.....g	0.235		0		1		0.067	0.085	
Methionine.....g	0.088		0		1		0.025	0.032	
Cystine.....g	0.100		0		1		0.028	0.036	
Phenylalanine.....g	0.247		0		1		0.070	0.089	
Tyrosine.....g	0.168		0		1		0.048	0.060	
Valine.....g	0.236		0		1		0.067	0.085	
Arginine.....g	0.306		0		1		0.087	0.110	
Histidine.....g	0.127		0		1		0.036	0.046	
Alanine.....g	0.216		0		1		0.061	0.078	
Aspartic acid.....g	0.433		0		1		0.123	0.156	
Glutamic acid.....g	1.200		0		1		0.340	0.432	
Glycine.....g	0.212		0		1		0.060	0.076	
Proline.....g	0.387		0		1		0.110	0.139	
Serine.....g	0.276		0		1		0.078	0.099	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18286

Muffins, wheat bran, toaster-type with raisins

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 36g: 1 muffin, toaster

Calories Factors: Protein 3.6

Fat 8.8

Carbohydrate 3.8

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18388

Muffins, wheat bran, toaster-type with raisins, toasted

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	27.00		0		1		7.65	9.18	
Energy.....kcal	313		0	NC	4		89	106	
Energy.....kJ	1310				4		371	445	
Protein (N x 0).....g	5.50		0		1		1.56	1.87	
Total lipid (fat).....g	9.40		0		1		2.66	3.20	
Ash.....g	2.60		0		1		0.74	0.88	
Carbohydrate, by difference.....g	55.50		0	NC	4		15.73	18.87	
Fiber, total dietary.....g	8.2		0	RA	4		2.3	2.8	
Sugars, total.....g	23.07		0	RK	4		6.54	7.84	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	39		0		1		11	13	
Iron, Fe.....mg	2.83		0		1		0.80	0.96	
Magnesium, Mg.....mg	21		0		4		6	7	
Phosphorus, P.....mg	284		0		4		81	97	
Potassium, K.....mg	177		0		1		50	60	
Sodium, Na.....mg	527		0		1		149	179	
Zinc, Zn.....mg	0.44		0		4		0.12	0.15	
Copper, Cu.....mg	0.120		0		4		0.034	0.041	
Manganese, Mn.....mg	0.433		0		4		0.123	0.147	
Selenium, Se.....µg	20.3		0	RK	4		5.8	6.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.204		0		1		0.058	0.069	
Riboflavin.....mg	0.287		0		1		0.081	0.098	
Niacin.....mg	2.317		0		1		0.657	0.788	
Pantothenic acid.....mg	0.180		0		4		0.051	0.061	
Vitamin B-6.....mg	0.056		0		4		0.016	0.019	
Folate, total.....µg	30		0	RK	4		8	10	
Folic acid.....µg	23		0		4		7	8	
Folate, food.....µg	7		0		4		2	2	
Folate, DFE.....mcg_DFE	46		0	NC	4		13	16	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.02		0		4		0.01	0.01	
Vitamin A, RAE.....mcg_RAE	56		0	NC	4		16	19	
Retinol.....µg	56		0	RK	4		16	19	
Carotene, beta.....µg	1		0	RK	4		0	0	
Carotene, alpha.....µg	0		0	RK	4		0	0	
Cryptoxanthin, beta.....µg	0		0	RK	4		0	0	
Vitamin A, IU.....IU	190		0	NC	4		54	64	
Lycopene.....µg	0		0	RK	4		0	0	
Lutein + zeaxanthin.....µg	48		0	RK	4		14	16	
Vitamin E (alpha-tocopherol).....mg	0.98		0	RK	4		0.28	0.33	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	17.4		0	RK	4		4.9	5.9	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.500		0		1		0.425	0.510	
4:0.....g	0.001		0		1		0.000	0.000	

NDB No. 18388

Muffins, wheat bran, toaster-type with raisins, toasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.001		0		1		0.000	0.000	
12:0.....g	0.001		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.014		0		1		0.004	0.005	
15:0.....g									
16:0.....g	1.110		0		1		0.315	0.377	
17:0.....g									
18:0.....g	0.372		0		1		0.105	0.126	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.221		0		1		0.630	0.755	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.044		0		1		0.012	0.015	
17:1.....g									
18:1 undifferentiated.....g	2.158		0		1		0.612	0.734	
20:1.....g	0.018		0		1		0.005	0.006	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.918		0		1		1.394	1.672	
18:2 undifferentiated.....g	4.350		0		1		1.233	1.479	
18:3 undifferentiated.....g	0.551		0		1		0.156	0.187	
18:4.....g	0.000		0	RA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.013		0		1		0.004	0.004	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	RA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.003		0		1		0.001	0.001	
Fatty acids, total trans.....g									
Cholesterol.....mg	9		0		4		3	3	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.074		0		1		0.021	0.025	
Threonine.....g	0.197		0		1		0.056	0.067	
Isoleucine.....g	0.219		0		1		0.062	0.074	
Leucine.....g	0.394		0		1		0.112	0.134	
Lysine.....g	0.250		0		1		0.071	0.085	
Methionine.....g	0.094		0		1		0.027	0.032	
Cystine.....g	0.106		0		1		0.030	0.036	
Phenylalanine.....g	0.263		0		1		0.075	0.089	
Tyrosine.....g	0.179		0		1		0.051	0.061	
Valine.....g	0.251		0		1		0.071	0.085	
Arginine.....g	0.325		0		1		0.092	0.111	
Histidine.....g	0.135		0		1		0.038	0.046	
Alanine.....g	0.230		0		1		0.065	0.078	
Aspartic acid.....g	0.460		0		1		0.130	0.156	
Glutamic acid.....g	1.277		0		1		0.362	0.434	
Glycine.....g	0.225		0		1		0.064	0.077	
Proline.....g	0.412		0		1		0.117	0.140	
Serine.....g	0.293		0		1		0.083	0.100	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	
Caffeine.....mg	0		0	RK	4		0	0	
Theobromine.....mg	0		0	RK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18388

Muffins, wheat bran, toaster-type with raisins, toasted

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 34g: 1 muffin, toaster

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18617
NABISCO, NABISCO GRAHAMS Crackers
Nabisco Brands, Inc.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.60		1	A	1		1.01		
Energy.....kcal	424		0	NC	4		119		
Energy.....kJ	1776				4		497		
Protein.....g	6.99		1	MA	12		1.96		
Total lipid (fat).....g	10.00		1	A	1		2.80		
Ash.....g	2.80		1	A	1		0.78		
Carbohydrate, by difference.....g	76.20		0	NC	4		21.34		
Fiber, total dietary.....g	3.4		0	MA	12		1.0		
Sugars, total.....g	23.00		1	MC	9		6.44		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	79		0	MC	9		22		
Iron, Fe.....mg	4.13		1	MA	12		1.16		
Magnesium, Mg.....mg	59		0	MC	9		17		
Phosphorus, P.....mg	202		0	MC	9		57		
Potassium, K.....mg	177		0	MA	12		50		
Sodium, Na.....mg	659		1	MA	12		185		
Zinc, Zn.....mg	1.94		0	MC	9		0.54		
Copper, Cu.....mg	0.030		0	MC	9		0.008		
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.228		0	MC	9		0.064		
Riboflavin.....mg	0.240		0	MC	9		0.067		
Niacin.....mg	3.780		0	MC	9		1.058		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.100		0	MC	9		0.028		
Folate, total.....µg	46		0	MC	9		13		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	0		0	MC	9		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.560		1	A	1		0.437		
Fatty acids, total monounsaturated.....g	3.600		0	MA	12		1.008		
Fatty acids, total polyunsaturated.....g	0.460		0	MA	12		0.129		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18617

NABISCO, NABISCO GRAHAMS Crackers

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18619
NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping
Nabisco Brands, Inc.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	1.57		0	MC	9		0.17		
Energy.....kcal	476		0	MC	9		52		
Energy.....kJ	1992				9		219		
Protein.....g	4.78		0	MC	9		0.53		
Total lipid (fat).....g	21.50		1	A	1		2.37		
Ash.....g	1.90		1	A	1		0.21		
Carbohydrate, by difference.....g	70.23		0	MC	9		7.73		
Fiber, total dietary.....g	3.2		0	MC	9		0.4		
Sugars, total.....g	36.00		1	A	1		3.96		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	24		0	MC	9		3		
Iron, Fe.....mg	4.90		0	MC	9		0.54		
Magnesium, Mg.....mg	48		0	MC	9		5		
Phosphorus, P.....mg	103		0	MC	9		11		
Potassium, K.....mg	194		0	MC	9		21		
Sodium, Na.....mg	528		0	MC	9		58		
Zinc, Zn.....mg	1.23		0	MC	9		0.14		
Copper, Cu.....mg	0.270		0	MC	9		0.030		
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.122		0	MC	9		0.013		
Riboflavin.....mg	0.165		0	MC	9		0.018		
Niacin.....mg	1.845		0	MC	9		0.203		
Pantothenic acid.....mg	0.036		0	MC	9		0.004		
Vitamin B-6.....mg	0.032		0	MC	9		0.004		
Folate, total.....µg	30		0	MC	9		3		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.02		0	MC	9		0.00		
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	3		0	MC	9		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	4.140		1	A	1		0.455		
4:0.....g									
6:0.....g									
8:0.....g	0.009		1	A	1		0.001		
10:0.....g	0.009		1	A	1		0.001		
12:0.....g	0.009		1	A	1		0.001		
13:0.....g									
14:0.....g	0.009		1	A	1		0.001		
15:0.....g	0.010		1	A	1		0.001		
16:0.....g	2.192		1	A	1		0.241		

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
17:0.....g	0.019		1	A	1	0.002		
18:0.....g	1.790		1	A	1	0.197		
20:0.....g	0.077		1	A	1	0.008		
22:0.....g	0.067		1	A	1	0.007		
24:0.....g								
Fatty acids, total monounsaturated.....g	3.170		0	MC	9	0.349		
14:1.....g	0.009		1	A	1	0.001		
15:1.....g								
16:1 undifferentiated.....g	0.029		1	A	1	0.003		
17:1.....g	0.010		1	A	1	0.001		
18:1 undifferentiated.....g	11.101		1	A	1	1.221		
20:1.....g	0.067		1	A	1	0.007		
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.820		0	MC	9	0.090		
18:2 undifferentiated.....g	2.066		1	A	1	0.227		
18:3 undifferentiated.....g	0.096		1	A	1	0.011		
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g	0.010		1	A	1	0.001		
20:4 undifferentiated.....g	0.010		1	A	1	0.001		
20:5 n-3 (EPA).....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g								
Cholesterol.....mg								
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 11.0g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18621
 NABISCO, NABISCO RITZ Crackers
 Nabisco Brands, Inc.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.12	0.164	4	A	1		0.10	0.50	
Energy.....kcal	492		0	NC	4		16	79	
Energy.....kJ	2058		0	NC	4		68	329	
Protein.....g	7.23	0.047	4	A	1		0.24	1.16	
Total lipid (fat).....g	23.21	0.366	4	A	1		0.77	3.71	
Ash.....g	2.93	0.079	4	A	1		0.10	0.47	
Carbohydrate, by difference.....g	63.51		0	NC	4		2.10	10.16	
Fiber, total dietary.....g	2.3	0.075	4	A	1		0.1	0.4	
Sugars, total.....g	8.14	0.224	4	A	1		0.27	1.30	
Sucrose.....g	6.33	0.233	4	A	1		0.21	1.01	
Glucose (dextrose).....g	0.64	0.044	4	A	1		0.02	0.10	
Fructose.....g	0.59	0.030	4	A	1		0.02	0.10	
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	
Maltose.....g	0.58	0.028	4	A	1		0.02	0.09	
Galactose.....g	0.00	0.000	4	A	1		0.00	0.00	
Starch.....g	51.32	0.307	4	A	1		1.69	8.21	
Minerals:									
Calcium, Ca.....mg	154	1.250	4	A	1		5	25	
Iron, Fe.....mg	4.47	0.058	4	A	1		0.15	0.72	
Magnesium, Mg.....mg	19	0.238	4	A	1		1	3	
Phosphorus, P.....mg	273	2.082	4	A	1		9	44	
Potassium, K.....mg	119	4.250	4	A	1		4	19	
Sodium, Na.....mg	882	41.357	4	A	1		29	141	
Zinc, Zn.....mg	0.61	0.032	4	A	1		0.02	0.10	
Copper, Cu.....mg	0.124	0.003	4	A	1		0.004	0.020	
Manganese, Mn.....mg	0.540	0.023	4	A	1		0.018	0.086	
Selenium, Se.....µg	4.6	0.397	4	A	1		0.2	0.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.442	0.021	4	A	1		0.015	0.071	
Riboflavin.....mg	0.265	0.044	4	A	1		0.009	0.042	
Niacin.....mg	4.880	0.092	4	A	1		0.161	0.781	
Pantothenic acid.....mg	0.370		1	A	1		0.012	0.059	
Vitamin B-6.....mg	0.060		1	A	1		0.002	0.010	
Folate, total.....µg	72		1	A	1		2	12	
Folic acid.....µg	55		1	A	1		2	9	
Folate, food.....µg	17		0	AS	1		1	3	
Folate, DFE.....mcg_DFE	111		0	NC	4		4	18	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....mcg_RAE									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU									
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	3.49		2	A	1		0.12	0.56	
Tocopherol, beta.....mg	0.30		2	A	1		0.01	0.05	
Tocopherol, gamma.....mg	14.11		2	A	1		0.47	2.26	
Tocopherol, delta.....mg	4.12		2	A	1		0.14	0.66	
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	50.0		2	A	1		1.7	8.0	

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophyloquinone.....µg	1.5		2	A	1		0.0	0.2	
Menquinone-4.....µg	0.0		2	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	5.450		0	NC	4		0.180	0.872	
4:0.....g	0.000	0.000	3	A	1		0.000	0.000	
6:0.....g	0.000	0.000	4	A	1		0.000	0.000	
8:0.....g	0.000	0.000	3	A	1		0.000	0.000	
10:0.....g	0.017	0.006	4	A	1		0.001	0.003	
12:0.....g	0.001	0.001	4	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.046	0.001	4	A	1		0.002	0.007	
15:0.....g	0.005	0.000	4	A	1		0.000	0.001	
16:0.....g	3.016	0.042	4	A	1		0.100	0.483	
17:0.....g	0.024	0.001	4	A	1		0.001	0.004	
18:0.....g	2.167	0.045	4	A	1		0.072	0.347	
20:0.....g	0.075	0.001	4	A	1		0.002	0.012	
22:0.....g	0.069	0.001	4	A	1		0.002	0.011	
24:0.....g	0.029	0.000	4	A	1		0.001	0.005	
Fatty acids, total monounsaturated.....g	6.276		0	NC	4		0.207	1.004	
14:1.....g	0.000	0.000	4	A	1		0.000	0.000	
15:1.....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.019	0.000	4	AS	1		0.001	0.003	
16:1 c.....g	0.019	0.000	4	A	1		0.001	0.003	
16:1 t.....g	0.000	0.000	4	A	1		0.000	0.000	
17:1.....g	0.009	0.000	4	A	1		0.000	0.001	
18:1 undifferentiated.....g	6.170	0.105	4	AS	1		0.204	0.987	
18:1 c.....g	5.192	0.086	4	A	1		0.171	0.831	
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.977	0.022	4	A	1		0.032	0.156	
18:1-11t (18:1t n-7).....g									
20:1.....g	0.077	0.007	4	A	1		0.003	0.012	
22:1 undifferentiated.....g	0.002	0.001	4	AS	1		0.000	0.000	
22:1 c.....g	0.001	0.000	4	A	1		0.000	0.000	
22:1 t.....g	0.001	0.000	4	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	10.896		0	NC	4		0.360	1.743	
18:2 undifferentiated.....g	9.650	0.149	4	AS	1		0.318	1.544	
18:2 n-6 c,c,c.....g	9.562	0.151	4	A	1		0.316	1.530	
18:2 CLAs.....g	0.015	0.001	4	A	1		0.001	0.002	
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.072	0.007	4	A	1		0.002	0.012	
18:3 undifferentiated.....g	1.232	0.031	4	AS	1		0.041	0.197	
18:3 n-3 c,c,c (ALA).....g	1.193	0.036	4	A	1		0.039	0.191	
18:3 n-6 c,c,c.....g	0.039	0.007	4	A	1		0.001	0.006	
18:3i.....g									
18:4.....g	0.000	0.000	4	A	1		0.000	0.000	
20:2 n-6 c,c,c.....g	0.007	0.000	4	A	1		0.000	0.001	
20:3 undifferentiated.....g	0.003	0.001	4	AS	1		0.000	0.000	
20:3 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 n-6.....g	0.003	0.001	4	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.000	0.000	4	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.004	0.000	4	A	1		0.000	0.001	
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total trans.....g	1.050		0	NC	4		0.035	0.168	
Fatty acids, total trans-monoenoic.....g	0.978		0	NC	4		0.032	0.156	

NDB No. 18621
NABISCO, NABISCO RITZ Crackers

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total trans-polyenoic.....g	0.072		0	NC	4	0.002	0.012
Cholesterol.....mg							
Phytosterols.....mg							

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 3.3g: 1 cracker

Measure 2 = 16g: 5 cracker (1 NLEA serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18651
 NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	17.65		0	MC	9		2.82		
Energy.....kcal	305		0	MC	9		49		
Energy.....kJ	1276				9		204		
Protein.....g	5.00		0	MC	9		0.80		
Total lipid (fat).....g	1.09		0	MC	9		0.17		
Ash.....g	1.02		0	MC	9		0.16		
Carbohydrate, by difference.....g	74.25		0	MC	9		11.88		
Fiber, total dietary.....g	1.6		0	MC	9		0.3		
Sugars, total.....g	43.38		0	MC	9		6.94		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	30		0	MC	9		5		
Iron, Fe.....mg	2.78		0	MC	9		0.44		
Magnesium, Mg.....mg	25		0	MC	9		4		
Phosphorus, P.....mg	71		0	MC	9		11		
Potassium, K.....mg	111		0	MC	9		18		
Sodium, Na.....mg	174		0	MC	9		28		
Zinc, Zn.....mg	0.46		0	MC	9		0.07		
Copper, Cu.....mg	0.168		0	MC	9		0.027		
Manganese, Mn.....mg									
Selenium, Se.....µg	1.7		0	MC	9		0.3		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	MC	9		0.0		
Thiamin.....mg	0.087		0	MC	9		0.014		
Riboflavin.....mg	0.171		0	MC	9		0.027		
Niacin.....mg	1.345		0	MC	9		0.215		
Pantothenic acid.....mg	0.057		0	MC	9		0.009		
Vitamin B-6.....mg	0.021		0	MC	9		0.003		
Folate, total.....µg	19		0	MC	9		3		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.07		0	MC	9		0.01		
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	1		0	MC	9		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.427		0	MC	9		0.068		
Fatty acids, total monounsaturated.....g	0.246		0	MC	9		0.039		
Fatty acids, total polyunsaturated.....g	0.196		0	MC	9		0.031		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	8		0	MC	9		1		
Theobromine.....mg	95		0	MC	9		15		

NDB No. 18651

NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code						

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 16g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18633

PILLSBURY GRANDS, Buttermilk Biscuits, refrigerated dough

Pillsbury Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	33.50		1	MA	12		20.44		
Energy.....kcal	317		0	NC	4		194		
Energy.....kJ	1327		0	NC	4		810		
Protein (N x 6.25).....g	6.90		1	MA	12		4.21		
Total lipid (fat).....g	13.79		1	MA	12		8.41		
Ash.....g	4.00		1	MA	12		2.44		
Carbohydrate, by difference.....g	41.38		0	NC	4		25.24		
Fiber, total dietary.....g	1.2		1	MA	12		0.7		
Sugars, total.....g	6.90		1	MA	12		4.21		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	34		1	MA	12		21		
Iron, Fe.....mg	2.48		1	MA	12		1.51		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	1034		1	MA	12		631		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Lipids:									
Fatty acids, total saturated.....g	5.172		1	MA	12		3.155		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	5.172		1	MA	12		3.155		
Cholesterol.....mg	0		1	MA	12		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 61g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18634

PILLSBURY Golden Layer Buttermilk Biscuits, Artificial Flavor, refrigerated dough

Pillsbury Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	35.50		1	MA	12		12.07		
Energy.....kcal	307		0	NC	4		104		
Energy.....kJ	1286		0	NC	4		437		
Protein (N x 6.25).....g	5.88		1	MA	12		2.00		
Total lipid (fat).....g	13.24		1	MA	12		4.50		
Ash.....g	3.50		1	MA	12		1.19		
Carbohydrate, by difference.....g	41.18		0	NC	4		14.00		
Fiber, total dietary.....g	1.2		1	MA	12		0.4		
Sugars, total.....g	5.88		1	MA	12		2.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg	2.12		1	MA	12		0.72		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	1059		1	MA	12		360		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Lipids:									
Fatty acids, total saturated.....g	2.941		1	MA	12		1.000		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	4.412		1	MA	12		1.500		
Cholesterol.....mg	0		1	MA	12		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 34g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18629

PILLSBURY, Buttermilk Biscuits, Artificial Flavor, refrigerated dough

Pillsbury Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	40.60		1	MA	12		25.98		
Energy.....kcal	234		0	NC	4		150		
Energy.....kJ	981		0	NC	4		628		
Protein (N x 6.25).....g	6.25		1	MA	12		4.00		
Total lipid (fat).....g	3.13		1	MA	12		2.00		
Ash.....g	4.50		1	MA	12		2.88		
Carbohydrate, by difference.....g	45.31		0	NC	4		29.00		
Fiber, total dietary.....g	1.6		1	MA	12		1.0		
Sugars, total.....g	6.25		1	MA	12		4.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg	2.25		1	MA	12		1.44		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	891		1	MA	12		570		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.469		1	MA	12		0.300		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.547		1	MA	12		0.350		
Cholesterol.....mg	0		1	MA	12		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 64g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18630
PILLSBURY, Chocolate Chip Cookies, refrigerated dough
Pillsbury Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	8.93		1	MA	12		2.50		
Energy.....kcal	482		0	NC	4		135		
Energy.....kJ	2017		0	NC	4		565		
Protein (N x 6.25).....g	3.57		1	MA	12		1.00		
Total lipid (fat).....g	25.00		1	MA	12		7.00		
Ash.....g	1.79		1	MA	12		0.50		
Carbohydrate, by difference.....g	60.71		0	NC	4		17.00		
Fiber, total dietary.....g	2.1		1	MA	12		0.6		
Sugars, total.....g	35.71		1	MA	12		10.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg	2.57		1	MA	12		0.72		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	304		1	MA	12		85		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Lipids:									
Fatty acids, total saturated.....g	7.143		1	MA	12		2.000		
Fatty acids, total monounsaturated.....g	9.063		0	NC	4		2.538		
Fatty acids, total polyunsaturated.....g	1.828		0	NC	4		0.512		
Fatty acids, total trans.....g	5.357		1	MA	12		1.500		
Cholesterol.....mg	18		1	MA	12		5		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18635

PILLSBURY, Cinnamon Rolls with Icing, refrigerated dough

Pillsbury Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	28.00		1	MA	12		12.32		
Energy.....kcal	330		0	NC	4		145		
Energy.....kJ	1379		0	NC	4		607		
Protein (N x 6.25).....g	4.55		1	MA	12		2.00		
Total lipid (fat).....g	11.36		1	MA	12		5.00		
Ash.....g	3.50		1	MA	12		1.54		
Carbohydrate, by difference.....g	52.27		0	NC	4		23.00		
Fiber, total dietary.....g	1.1		1	MA	12		0.5		
Sugars, total.....g	22.73		1	MA	12		10.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg	1.64		1	MA	12		0.72		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	773		1	MA	12		340		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Lipids:									
Fatty acids, total saturated.....g	3.409		1	MA	12		1.500		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	4.545		1	MA	12		2.000		
Cholesterol.....mg	0		1	MA	12		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 44g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18631

PILLSBURY, Crusty French Loaf, refrigerated dough

Pillsbury Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	40.00		1	MA	12		24.80		
Energy.....kcal	241		0	NC	4		150		
Energy.....kJ	1010		0	NC	4		626		
Protein (N x 6.25).....g	7.69		1	MA	12		4.77		
Total lipid (fat).....g	2.89		1	MA	12		1.79		
Ash.....g	2.89		1	MA	12		1.79		
Carbohydrate, by difference.....g	46.15		0	NC	4		28.62		
Fiber, total dietary.....g	1.7		1	MA	12		1.1		
Sugars, total.....g	3.85		1	MA	12		2.38		
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg	2.77		1	MA	12		1.72		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	577		1	MA	12		358		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.962		1	MA	12		0.596		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.577		1	MA	12		0.358		
Cholesterol.....mg	0		1	MA	12		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 62g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18632

PILLSBURY, Traditional Fudge Brownie Mix, dry

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code						

Phytosterols.....mg

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18958

Pan Dulce, LA RICURA, Salpora de Arroz con Azucar, cookie-like, contains wheat flour and rice flour

Latino rice cookies

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	7.12		1	A	1		2.99		
Energy.....kcal	445		0	NC	4		187		
Energy.....kJ	1863		0	NC	4		783		
Protein (N x 6.25).....g	8.81		1	A	1		3.70		
Total lipid (fat).....g	16.11		1	A	1		6.77		
Ash.....g	1.68		1	A	1		0.71		
Carbohydrate, by difference.....g	66.28		0	NC	4		27.84		
Fiber, total dietary.....g	1.2		1	A	1		0.5		
Sugars, total.....g	21.86		1	A	1		9.18		
Sucrose.....g	21.86		1	A	1		9.18		
Glucose (dextrose).....g	0.00		1	A	1		0.00		
Fructose.....g	0.00		1	A	1		0.00		
Lactose.....g	0.00		1	A	1		0.00		
Maltose.....g	0.00		1	A	1		0.00		
Galactose.....g	0.00		1	A	1		0.00		
Starch.....g	41.70		1	A	1		17.51		
Minerals:									
Calcium, Ca.....mg	52		1	A	1		22		
Iron, Fe.....mg	2.52		1	A	1		1.06		
Magnesium, Mg.....mg	22		1	A	1		9		
Phosphorus, P.....mg	297		1	A	1		125		
Potassium, K.....mg	94		1	A	1		39		
Sodium, Na.....mg	445		1	A	1		187		
Zinc, Zn.....mg	0.82		1	A	1		0.34		
Copper, Cu.....mg	0.262		1	A	1		0.110		
Manganese, Mn.....mg	0.572		1	A	1		0.240		
Selenium, Se.....µg	22.0		1	A	1		9.2		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 42g: 1 piece (1 serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18288

Pancakes plain, frozen, ready-to-heat (includes buttermilk)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	48.22		2	A	1		13.67	19.77	35.20
Energy.....kcal	225		0	NC	4		64	92	164
Energy.....kJ	942		0	NC	4		267	386	687
Protein.....g	5.33		2	A	1		1.51	2.19	3.89
Total lipid (fat).....g	5.17		2	A	1		1.47	2.12	3.78
Ash.....g	1.98		2	A	1		0.56	0.81	1.45
Carbohydrate, by difference.....g	39.29		0	NC	4		11.14	16.11	28.68
Fiber, total dietary.....g	2.4		2	A	1		0.7	1.0	1.7
Sugars, total.....g	9.73		2	A	1		2.76	3.99	7.10
Starch.....g	28.59		2	A	1		8.11	11.72	20.87
Minerals:									
Calcium, Ca.....mg	71		2	A	1		20	29	52
Iron, Fe.....mg	2.19		2	A	1		0.62	0.90	1.60
Magnesium, Mg.....mg	14		2	A	1		4	6	10
Phosphorus, P.....mg	293		2	A	1		83	120	214
Potassium, K.....mg	124		2	A	1		35	51	90
Sodium, Na.....mg	505		2	A	1		143	207	368
Zinc, Zn.....mg	0.38		2	A	1		0.11	0.15	0.27
Copper, Cu.....mg	0.054		2	A	1		0.015	0.022	0.039
Manganese, Mn.....mg	0.156		2	A	1		0.044	0.064	0.114
Selenium, Se.....µg	5.6		2	A	1		1.6	2.3	4.1
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		0	FLA	4		0.1	0.1	0.2
Thiamin.....mg	0.344		2	A	1		0.097	0.141	0.251
Riboflavin.....mg	0.510		2	A	1		0.145	0.209	0.372
Niacin.....mg	2.910		2	A	1		0.825	1.193	2.124
Pantothenic acid.....mg	0.150		2	A	1		0.042	0.061	0.109
Vitamin B-6.....mg	0.148		2	A	1		0.042	0.061	0.108
Folate, total.....µg	71		0	FLA	4		20	29	51
Folic acid.....µg	57		0	O	4		16	23	42
Folate, food.....µg	14		0		4		4	6	10
Folate, DFE.....mcg_DFE	111		0	NC	4		31	45	81
Choline, total.....mg	30.5		0	AS	1		8.6	12.5	22.3
Betaine.....mg									
Vitamin B-12.....µg	0.09		0	FLA	4		0.02	0.04	0.06
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	64		0	FLA	4		18	26	47
Retinol.....µg	64		0	FLA	4		18	26	47
Carotene, beta.....µg	1		0	FLA	4		0	0	1
Carotene, alpha.....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	0
Vitamin A, IU.....IU	216		0	FLA	4		61	88	158
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	20		0	FLA	4		6	8	15
Vitamin E (alpha-tocopherol).....mg	0.28		2	A	1		0.08	0.11	0.20
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	6.5		1	A	1		1.8	2.7	4.7
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									
Lipids:									

NDB No. 18288

Pancakes plain, frozen, ready-to-heat (includes buttermilk)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.810		0	NC	4		0.230	0.332	0.591
4:0.....g	0.000		0	Z	7		0.000	0.000	0.000
6:0.....g	0.000		0	Z	7		0.000	0.000	0.000
8:0.....g	0.000		2	A	1		0.000	0.000	0.000
10:0.....g	0.000		2	A	1		0.000	0.000	0.000
12:0.....g	0.000		2	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.015		2	A	1		0.004	0.006	0.011
15:0.....g									
16:0.....g	0.512		2	A	1		0.145	0.210	0.374
17:0.....g	0.002		2	A	1		0.001	0.001	0.002
18:0.....g	0.253		2	A	1		0.072	0.104	0.185
20:0.....g	0.012		2	A	1		0.003	0.005	0.009
22:0.....g	0.014		2	A	1		0.004	0.006	0.010
24:0.....g	0.000		0	Z	7		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	1.891		0	NC	4		0.536	0.775	1.380
14:1.....g	0.000		2	A	1		0.000	0.000	0.000
15:1.....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.012		2	A	1		0.004	0.005	0.009
17:1.....g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	1.865		2	A	1		0.529	0.765	1.361
20:1.....g	0.013		2	A	1		0.004	0.006	0.010
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.081		0	NC	4		0.306	0.443	0.789
18:2 undifferentiated.....g	1.016		2	A	1		0.288	0.416	0.741
18:3 undifferentiated.....g	0.003		0	AS	1		0.001	0.001	0.002
18:3 n-3 c,c,c (ALA).....g									
18:3 n-6 c,c,c.....g	0.003		2	A	1		0.001	0.001	0.002
18:3i.....g									
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.001		0	FLA	4		0.000	0.000	0.001
Fatty acids, total trans.....g									
Cholesterol.....mg	18		0	FLA	4		5	7	13
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.052		0	FLA	4		0.015	0.021	0.038
Threonine.....g	0.151		0	FLA	4		0.043	0.062	0.110
Isoleucine.....g	0.199		0	FLA	4		0.056	0.082	0.145
Leucine.....g	0.357		0	FLA	4		0.101	0.146	0.260
Lysine.....g	0.200		0	FLA	4		0.057	0.082	0.146
Methionine.....g	0.081		0	FLA	4		0.023	0.033	0.059
Cystine.....g	0.102		0	FLA	4		0.029	0.042	0.074
Phenylalanine.....g	0.214		0	FLA	4		0.061	0.088	0.156
Tyrosine.....g	0.097		0	FLA	4		0.028	0.040	0.071
Valine.....g	0.237		0	FLA	4		0.067	0.097	0.173
Arginine.....g	0.172		0	FLA	4		0.049	0.071	0.126
Histidine.....g	0.106		0	FLA	4		0.030	0.044	0.078
Alanine.....g	0.149		0	FLA	4		0.042	0.061	0.109
Aspartic acid.....g	0.243		0	FLA	4		0.069	0.100	0.178
Glutamic acid.....g	1.330		0	FLA	4		0.377	0.545	0.971
Glycine.....g	0.145		0	FLA	4		0.041	0.060	0.106

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Pancakes plain, frozen, ready-to-heat (includes buttermilk)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Proline.....g	0.496		0	FLA	4		0.141	0.204	0.362
Serine.....g	0.214		0	FLA	4		0.061	0.088	0.157
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 28.35g: 1 oz
- Measure 2 = 41g: 1 pancake
- Measure 3 = 73g: 1 pancake (6" dia)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18294

Pancakes, blueberry, prepared from recipe

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	53.20		0		1		15.08	20.22	40.96
Energy.....kcal	222		0	NC	4		63	84	171
Energy.....kJ	929				4		263	353	715
Protein (N x 0).....g	6.10		0		1		1.73	2.32	4.70
Total lipid (fat).....g	9.20		0		1		2.61	3.50	7.08
Ash.....g	2.50		0		1		0.71	0.95	1.93
Carbohydrate, by difference.....g	29.00		0	NC	4		8.22	11.02	22.33
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	206		0		1		58	78	159
Iron, Fe.....mg	1.72		0		1		0.49	0.65	1.32
Magnesium, Mg.....mg	16		0		1		5	6	12
Phosphorus, P.....mg	151		0		1		43	57	116
Potassium, K.....mg	138		0		1		39	52	106
Sodium, Na.....mg	412		0		1		117	157	317
Zinc, Zn.....mg	0.54		0		1		0.15	0.21	0.42
Copper, Cu.....mg	0.055		0		1		0.016	0.021	0.042
Manganese, Mn.....mg	0.237		0		1		0.067	0.090	0.182
Selenium, Se.....µg	14.0		0	RK	4		4.0	5.3	10.8
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.2		0		1		0.6	0.8	1.7
Thiamin.....mg	0.195		0		1		0.055	0.074	0.150
Riboflavin.....mg	0.272		0		1		0.077	0.103	0.209
Niacin.....mg	1.524		0		1		0.432	0.579	1.173
Pantothenic acid.....mg	0.395		0		1		0.112	0.150	0.304
Vitamin B-6.....mg	0.049		0		1		0.014	0.019	0.038
Folate, total.....µg	36		0	RK	4		10	14	28
Folic acid.....µg	24		0	NC	4		7	9	18
Folate, food.....µg	12		0		1		3	5	9
Folate, DFE.....mcg_DFE	53		0	NC	4		15	20	41
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.20		0		1		0.06	0.08	0.15
Vitamin A, RAE.....mcg_RAE	50		0	NC	4		14	19	38
Retinol.....µg	48		0	NC	4		14	18	37
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	199		0		1		56	76	153
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.986		0		1		0.563	0.755	1.529
4:0.....g	0.033		0		1		0.009	0.013	0.025

NDB No. 18294

Pancakes, blueberry, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.020		0		1		0.006	0.008	0.015
8:0.....g	0.012		0		1		0.003	0.005	0.009
10:0.....g	0.026		0		1		0.007	0.010	0.020
12:0.....g	0.029		0		1		0.008	0.011	0.022
13:0.....g									
14:0.....g	0.114		0		1		0.032	0.043	0.088
15:0.....g									
16:0.....g	1.267		0		1		0.359	0.481	0.976
17:0.....g									
18:0.....g	0.475		0		1		0.135	0.181	0.366
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.316		0		1		0.657	0.880	1.783
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.073		0		1		0.021	0.028	0.056
17:1.....g									
18:1 undifferentiated.....g	2.223		0		1		0.630	0.845	1.712
20:1.....g	0.017		0		1		0.005	0.006	0.013
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.162		0		1		1.180	1.582	3.205
18:2 undifferentiated.....g	3.662		0		1		1.038	1.392	2.820
18:3 undifferentiated.....g	0.478		0		1		0.136	0.182	0.368
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.017		0		1		0.005	0.006	0.013
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.004		0		1		0.001	0.002	0.003
Fatty acids, total trans.....g									
Cholesterol.....mg	56		0		1		16	21	43
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.076		0		1		0.022	0.029	0.059
Threonine.....g	0.225		0		1		0.064	0.086	0.173
Isoleucine.....g	0.281		0		1		0.080	0.107	0.216
Leucine.....g	0.487		0		1		0.138	0.185	0.375
Lysine.....g	0.303		0		1		0.086	0.115	0.233
Methionine.....g	0.139		0		1		0.039	0.053	0.107
Cystine.....g	0.110		0		1		0.031	0.042	0.085
Phenylalanine.....g	0.303		0		1		0.086	0.115	0.233
Tyrosine.....g	0.226		0		1		0.064	0.086	0.174
Valine.....g	0.318		0		1		0.090	0.121	0.245
Arginine.....g	0.268		0		1		0.076	0.102	0.206
Histidine.....g	0.144		0		1		0.041	0.055	0.111
Alanine.....g	0.234		0		1		0.066	0.089	0.180
Aspartic acid.....g	0.403		0		1		0.114	0.153	0.310
Glutamic acid.....g	1.484		0		1		0.421	0.564	1.143
Glycine.....g	0.190		0		1		0.054	0.072	0.146
Proline.....g	0.543		0		1		0.154	0.206	0.418
Serine.....g	0.343		0		1		0.097	0.130	0.264
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18294

Pancakes, blueberry, prepared from recipe

Measure 2 = 38g: 1 pancake (4" dia)

Measure 3 = 77g: 1 pancake (6" dia)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18295

Pancakes, buckwheat, dry mix, incomplete

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	9.10	0.172	43		1		2.58	11.10	
Energy.....kcal	340		0	NC	4		96	415	
Energy.....kJ	1423		0		4		403	1736	
Protein (N x 6).....g	10.90	0.152	43		1		3.09	13.30	
Total lipid (fat).....g	2.70	0.090	43		1		0.77	3.29	
Ash.....g	6.00	0.045	34		1		1.70	7.32	
Carbohydrate, by difference.....g	71.30		0	NC	4		20.21	86.99	
Fiber, total dietary.....g	8.5		0		4		2.4	10.3	
Sugars, total.....g	7.21		0	FLC	4		2.04	8.79	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	476	4.463	33		1		135	581	
Iron, Fe.....mg	4.73	0.153	26		1		1.34	5.77	
Magnesium, Mg.....mg	190		0	FLA	4		54	232	
Phosphorus, P.....mg	913	19.971	33		1		259	1114	
Potassium, K.....mg	316	11.861	20		1		90	386	
Sodium, Na.....mg	767		0	LC	8		217	936	
Zinc, Zn.....mg	2.55		0	FLA	4		0.72	3.11	
Copper, Cu.....mg	0.415		0	FLA	4		0.118	0.506	
Manganese, Mn.....mg	1.656		0	FLA	4		0.469	2.020	
Selenium, Se.....µg	13.1		0	FLA	4		3.7	16.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.542	0.013	26		1		0.154	0.661	
Riboflavin.....mg	0.249	0.021	26		1		0.071	0.304	
Niacin.....mg	4.095	0.112	25		1		1.161	4.996	
Pantothenic acid.....mg	0.415		0	FLA	4		0.118	0.506	
Vitamin B-6.....mg	0.438		0	FLA	4		0.124	0.534	
Folate, total.....µg	53		0	FLC	4		15	65	
Folic acid.....µg	18		0		4		5	22	
Folate, food.....µg	35		0		4		10	43	
Folate, DFE.....mcg_DFE	66		0	NC	4		19	80	
Choline, total.....mg	27.6		0	FLC	4		7.8	33.6	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	FLC	4		0	0	
Carotene, beta.....µg	2		0	FLC	4		1	2	
Carotene, alpha.....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLC	4		0	0	
Vitamin A, IU.....IU	3		0	NC	4		1	4	
Lycopene.....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....µg	154		0	FLC	4		44	188	
Vitamin E (alpha-tocopherol).....mg	0.48		0	FLC	4		0.14	0.58	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	3.0		0	FLC	4		0.8	3.6	
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									
Lipids:									

Pancakes, buckwheat, dry mix, incomplete

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.439		0		1		0.124	0.536	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.011		0		1		0.003	0.013	
10:0.....g	0.005		0		1		0.001	0.006	
12:0.....g	0.004		0		1		0.001	0.005	
13:0.....g									
14:0.....g	0.010		0		1		0.003	0.012	
15:0.....g									
16:0.....g	0.364		0		1		0.103	0.444	
17:0.....g									
18:0.....g	0.029		0		1		0.008	0.035	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.581		0		1		0.165	0.709	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.014		0		1		0.004	0.017	
17:1.....g									
18:1 undifferentiated.....g	0.564		0		1		0.160	0.688	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.003		0		1		0.001	0.004	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.000		0		1		0.284	1.220	
18:2 undifferentiated.....g	0.945		0		1		0.268	1.153	
18:3 undifferentiated.....g	0.054		0		1		0.015	0.066	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		1		0.000	0.001	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.159		0		1		0.045	0.194	
Threonine.....g	0.352		0		1		0.100	0.429	
Isoleucine.....g	0.408		0		1		0.116	0.498	
Leucine.....g	0.756		0		1		0.214	0.922	
Lysine.....g	0.381		0		1		0.108	0.465	
Methionine.....g	0.166		0		1		0.047	0.203	
Cystine.....g	0.228		0		1		0.065	0.278	
Phenylalanine.....g	0.488		0		1		0.138	0.595	
Tyrosine.....g	0.286		0		1		0.081	0.349	
Valine.....g	0.514		0		1		0.146	0.627	
Arginine.....g	0.605		0		1		0.172	0.738	
Histidine.....g	0.257		0		1		0.073	0.314	
Alanine.....g	0.483		0		1		0.137	0.589	
Aspartic acid.....g	0.689		0		1		0.195	0.841	
Glutamic acid.....g	2.808		0		1		0.796	3.426	
Glycine.....g	0.570		0		1		0.162	0.695	
Proline.....g	0.895		0		1		0.254	1.092	
Serine.....g	0.530		0		1		0.150	0.647	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18295

Pancakes, buckwheat, dry mix, incomplete

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 122g: 1 cup, poured from box

Calories Factors: Protein 3.6

Fat 8.4

Carbohydrate 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18390

Pancakes, buttermilk, prepared from recipe

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	52.50		0		1		14.88	19.95	40.43
Energy.....kcal	227		0	NC	4		64	86	175
Energy.....kJ	950				4		269	361	731
Protein (N x 0).....g	6.80		0		1		1.93	2.58	5.24
Total lipid (fat).....g	9.30		0		1		2.64	3.53	7.16
Ash.....g	2.20		0		1		0.62	0.84	1.69
Carbohydrate, by difference.....g	28.70		0	NC	4		8.14	10.91	22.10
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	157		0		1		45	60	121
Iron, Fe.....mg	1.70		0		1		0.48	0.65	1.31
Magnesium, Mg.....mg	15		0		1		4	6	12
Phosphorus, P.....mg	139		0		1		39	53	107
Potassium, K.....mg	145		0		1		41	55	112
Sodium, Na.....mg	522		0		1		148	198	402
Zinc, Zn.....mg	0.62		0		1		0.18	0.24	0.48
Copper, Cu.....mg	0.052		0		1		0.015	0.020	0.040
Manganese, Mn.....mg	0.203		0		1		0.058	0.077	0.156
Selenium, Se.....µg	15.1		0	RK	4		4.3	5.7	11.6
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.4		0		1		0.1	0.2	0.3
Thiamin.....mg	0.204		0		1		0.058	0.078	0.157
Riboflavin.....mg	0.292		0		1		0.083	0.111	0.225
Niacin.....mg	1.577		0		1		0.447	0.599	1.214
Pantothenic acid.....mg	0.408		0		1		0.116	0.155	0.314
Vitamin B-6.....mg	0.045		0		1		0.013	0.017	0.035
Folate, total.....µg	38		0	RK	4		11	14	29
Folic acid.....µg	25		0	NC	4		7	10	19
Folate, food.....µg	13		0		1		4	5	10
Folate, DFE.....mcg_DFE	56		0	NC	4		16	21	43
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.18		0		1		0.05	0.07	0.14
Vitamin A, RAE.....mcg_RAE	30		0	NC	4		8	11	23
Retinol.....µg	29		0	NC	4		8	11	22
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	105		0		1		30	40	81
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.832		0		1		0.519	0.696	1.411
4:0.....g	0.019		0		1		0.005	0.007	0.015

NDB No. 18390

Pancakes, buttermilk, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.011		0		1		0.003	0.004	0.008
8:0.....g	0.007		0		1		0.002	0.003	0.005
10:0.....g	0.015		0		1		0.004	0.006	0.012
12:0.....g	0.017		0		1		0.005	0.006	0.013
13:0.....g									
14:0.....g	0.069		0		1		0.020	0.026	0.053
15:0.....g									
16:0.....g	1.228		0		1		0.348	0.467	0.946
17:0.....g									
18:0.....g	0.448		0		1		0.127	0.170	0.345
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.361		0		1		0.669	0.897	1.818
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.067		0		1		0.019	0.025	0.052
17:1.....g									
18:1 undifferentiated.....g	2.268		0		1		0.643	0.862	1.746
20:1.....g	0.018		0		1		0.005	0.007	0.014
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.486		0		1		1.272	1.705	3.454
18:2 undifferentiated.....g	3.953		0		1		1.121	1.502	3.044
18:3 undifferentiated.....g	0.509		0		1		0.144	0.193	0.392
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.019		0		1		0.005	0.007	0.015
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.005		0		1		0.001	0.002	0.004
Fatty acids, total trans.....g									
Cholesterol.....mg	58		0		1		16	22	45
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.082		0		1		0.023	0.031	0.063
Threonine.....g	0.254		0		1		0.072	0.097	0.196
Isoleucine.....g	0.316		0		1		0.090	0.120	0.243
Leucine.....g	0.545		0		1		0.155	0.207	0.420
Lysine.....g	0.349		0		1		0.099	0.133	0.269
Methionine.....g	0.154		0		1		0.044	0.059	0.119
Cystine.....g	0.120		0		1		0.034	0.046	0.092
Phenylalanine.....g	0.339		0		1		0.096	0.129	0.261
Tyrosine.....g	0.248		0		1		0.070	0.094	0.191
Valine.....g	0.362		0		1		0.103	0.138	0.279
Arginine.....g	0.294		0		1		0.083	0.112	0.226
Histidine.....g	0.162		0		1		0.046	0.062	0.125
Alanine.....g	0.258		0		1		0.073	0.098	0.199
Aspartic acid.....g	0.448		0		1		0.127	0.170	0.345
Glutamic acid.....g	1.627		0		1		0.461	0.618	1.253
Glycine.....g	0.206		0		1		0.058	0.078	0.159
Proline.....g	0.611		0		1		0.173	0.232	0.470
Serine.....g	0.379		0		1		0.107	0.144	0.292
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18390

Pancakes, buttermilk, prepared from recipe

Measure 2 = 38g: 1 pancake (4" dia)

Measure 3 = 77g: 1 pancake (6" dia)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18289

Pancakes, plain, dry mix, complete (includes buttermilk)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.822		0	NC	4		0.427	0.233	1.069
4:0.....g	0.002	0.001	6	A	1	0.001	0.001	0.001	0.002
6:0.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	0.000
8:0.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	0.000
10:0.....g	0.001	0.001	6	A	1	0.001	0.000	0.000	0.001
12:0.....g	0.003	0.001	6	A	1	0.002	0.001	0.001	0.004
13:0.....g									
14:0.....g	0.006	0.002	6	A	1	0.003	0.002	0.002	0.008
15:0.....g	0.002	0.000	6	A	1	0.001	0.001	0.001	0.003
16:0.....g	0.549	0.034	6	A	1	0.285	0.156	0.156	0.713
17:0.....g	0.004	0.000	6	A	1	0.002	0.001	0.001	0.005
18:0.....g	0.230	0.017	6	A	1	0.120	0.065	0.065	0.299
20:0.....g	0.010	0.000	6	A	1	0.005	0.003	0.003	0.013
22:0.....g	0.009	0.000	6	A	1	0.005	0.003	0.003	0.012
24:0.....g	0.006	0.000	6	A	1	0.003	0.002	0.002	0.007
Fatty acids, total monounsaturated.....g	1.271		0	NC	4	0.661	0.360	0.360	1.653
14:1.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	0.000
15:1.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	0.000
16:1 undifferentiated.....g	0.003	0.001	6	AS	1	0.001	0.001	0.001	0.004
16:1 c.....g	0.003	0.001	6	A	1	0.001	0.001	0.001	0.004
16:1 t.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	0.000
17:1.....g	0.001	0.000	6	A	1	0.001	0.000	0.000	0.002
18:1 undifferentiated.....g	1.190	0.050	6	AS	1	0.619	0.337	0.337	1.547
18:1 c.....g	0.839	0.006	6	A	1	0.436	0.238	0.238	1.090
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.351	0.045	6	A	1	0.183	0.100	0.100	0.457
18:1-11t (18:1t n-7).....g									
20:1.....g	0.062	0.002	6	A	1	0.032	0.018	0.018	0.081
22:1 undifferentiated.....g	0.002	0.000	6	AS	1	0.001	0.001	0.001	0.003
22:1 c.....g	0.002	0.000	6	A	1	0.001	0.001	0.001	0.003
22:1 t.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	0.000
24:1 c.....g	0.013	0.001	6	A	1	0.007	0.004	0.004	0.016
Fatty acids, total polyunsaturated.....g	0.928		0	NC	4	0.483	0.263	0.263	1.207
18:2 undifferentiated.....g	0.908	0.005	6	AS	1	0.472	0.257	0.257	1.180
18:2 n-6 c,c,c.....g	0.871	0.007	6	A	1	0.453	0.247	0.247	1.133
18:2 CLAs.....g	0.005	0.001	6	A	1	0.002	0.001	0.001	0.006
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.032	0.002	6	A	1	0.017	0.009	0.009	0.041
18:3 undifferentiated.....g	0.005	0.000	6	AS	1	0.002	0.001	0.001	0.006
18:3 n-3 c,c,c (ALA).....g	0.001	0.000	6	A	1	0.001	0.000	0.000	0.001
18:3 n-6 c,c,c.....g	0.004	0.000	6	A	1	0.002	0.001	0.001	0.005
18:3i.....g									
18:4.....g	0.001	0.001	6	A	1	0.000	0.000	0.000	0.001
20:2 n-6 c,c,c.....g	0.002	0.001	6	A	1	0.001	0.000	0.000	0.002
20:3 undifferentiated.....g	0.002	0.000	6	AS	1	0.001	0.000	0.000	0.002
20:3 n-3.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	0.000
20:3 n-6.....g	0.002	0.000	6	A	1	0.001	0.000	0.000	0.002
20:4 undifferentiated.....g	0.001	0.000	6	A	1	0.000	0.000	0.000	0.001
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.001	0.001	6	A	1	0.001	0.000	0.000	0.002
21:5.....g									
22:4.....g	0.008	0.002	6	A	1	0.004	0.002	0.002	0.011
22:5 n-3 (DPA).....g	0.002	0.000	6	A	1	0.001	0.000	0.000	0.002
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1	0.000	0.000	0.000	0.000
Fatty acids, total trans.....g	0.383		0	NC	4	0.199	0.109	0.109	0.498
Fatty acids, total trans-monoenoic.....g	0.351		0	NC	4	0.183	0.100	0.100	0.457

NDB No. 18289

Pancakes, plain, dry mix, complete (includes buttermilk)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.032		0	NC	4		0.017	0.009	0.041
Cholesterol.....mg	2	0.165	5	A	1		1	1	2
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 52g: .333 cup

Measure 2 = 28.35g: 1 oz

Measure 3 = 130g: 1 cup, poured from box

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18290

Pancakes, plain, dry mix, complete, prepared

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	53.00		0		1		15.03	20.14	40.81
Energy.....kcal	194		0	NC	4		55	74	149
Energy.....kJ	812		0		4		230	308	625
Protein.....g	5.20		0		1		1.47	1.98	4.00
Total lipid (fat).....g	2.50		0		1		0.71	0.95	1.93
Ash.....g	2.60		0		1		0.74	0.99	2.00
Carbohydrate, by difference.....g	36.70		0	NC	4		10.40	13.95	28.26
Fiber, total dietary.....g	1.3		0		1		0.4	0.5	1.0
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	126		0		1		36	48	97
Iron, Fe.....mg	1.56		0		1		0.44	0.59	1.20
Magnesium, Mg.....mg	20		0		1		6	8	15
Phosphorus, P.....mg	334		0		1		95	127	257
Potassium, K.....mg	175		0		1		50	67	135
Sodium, Na.....mg	628		0		1		178	239	484
Zinc, Zn.....mg	0.39		0		1		0.11	0.15	0.30
Copper, Cu.....mg	0.094		0		1		0.027	0.036	0.072
Manganese, Mn.....mg	0.272		0		1		0.077	0.103	0.209
Selenium, Se.....µg	13.5		0	FLA	4		3.8	5.1	10.4
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		0		4		0.1	0.1	0.2
Thiamin.....mg	0.211		0		1		0.060	0.080	0.162
Riboflavin.....mg	0.217		0		1		0.062	0.082	0.167
Niacin.....mg	1.711		0		1		0.485	0.650	1.317
Pantothenic acid.....mg	0.243		0		1		0.069	0.092	0.187
Vitamin B-6.....mg	0.091		0		1		0.026	0.035	0.070
Folate, total.....µg	37		0	FLA	4		10	14	28
Folic acid.....µg	28		0	NC	4		8	11	22
Folate, food.....µg	9		0		4		3	3	7
Folate, DFE.....mcg_DFE	57		0	NC	4		16	22	44
Choline, total.....mg	19.2		0	AS	1		5.4	7.3	14.8
Betaine.....mg									
Vitamin B-12.....µg	0.20		0		1		0.06	0.08	0.15
Vitamin A, RAE.....mcg_RAE	10		0	NC	4		3	4	7
Retinol.....µg	10		0	NC	4		3	4	7
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	32		0		1		9	12	25
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.507		0		1		0.144	0.193	0.390
4:0.....g	0.005		0		1		0.001	0.002	0.004

NDB No. 18290

Pancakes, plain, dry mix, complete, prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.003		0		1		0.001	0.001	0.002
8:0.....g	0.002		0		1		0.001	0.001	0.002
10:0.....g	0.004		0		1		0.001	0.002	0.003
12:0.....g	0.005		0		1		0.001	0.002	0.004
13:0.....g									
14:0.....g	0.018		0		1		0.005	0.007	0.014
15:0.....g									
16:0.....g	0.344		0		1		0.098	0.131	0.265
17:0.....g									
18:0.....g	0.125		0		1		0.035	0.048	0.096
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.881		0		1		0.250	0.335	0.678
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.023		0		1		0.007	0.009	0.018
17:1.....g									
18:1 undifferentiated.....g	0.857		0		1		0.243	0.326	0.660
20:1.....g	0.001		0		1		0.000	0.000	0.001
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.820		0		1		0.232	0.312	0.631
18:2 undifferentiated.....g	0.764		0		1		0.217	0.290	0.588
18:3 undifferentiated.....g	0.048		0		1		0.014	0.018	0.037
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.006		0		1		0.002	0.002	0.005
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g	0.002		0		1		0.001	0.001	0.002
Fatty acids, total trans.....g									
Cholesterol.....mg	12		0		4		3	5	9
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.059		0		1		0.017	0.022	0.045
Threonine.....g	0.186		0		1		0.053	0.071	0.143
Isoleucine.....g	0.216		0		1		0.061	0.082	0.166
Leucine.....g	0.444		0		1		0.126	0.169	0.342
Lysine.....g	0.210		0		1		0.060	0.080	0.162
Methionine.....g	0.105		0		1		0.030	0.040	0.081
Cystine.....g	0.096		0		1		0.027	0.036	0.074
Phenylalanine.....g	0.255		0		1		0.072	0.097	0.196
Tyrosine.....g	0.181		0		1		0.051	0.069	0.139
Valine.....g	0.258		0		1		0.073	0.098	0.199
Arginine.....g	0.220		0		1		0.062	0.084	0.169
Histidine.....g	0.126		0		1		0.036	0.048	0.097
Alanine.....g	0.223		0		1		0.063	0.085	0.172
Aspartic acid.....g	0.315		0		1		0.089	0.120	0.243
Glutamic acid.....g	1.325		0		1		0.376	0.504	1.020
Glycine.....g	0.171		0		1		0.048	0.065	0.132
Proline.....g	0.504		0		1		0.143	0.192	0.388
Serine.....g	0.266		0		1		0.075	0.101	0.205
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18290

Pancakes, plain, dry mix, complete, prepared

Measure 2 = 38g: 1 pancake (4" dia)

Measure 3 = 77g: 1 pancake (6" dia)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18291

Pancakes, plain, dry mix, incomplete (includes buttermilk)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	9.10	0.120	124		1		2.58	10.19	
Energy.....kcal	355		0	NC	4		101	398	
Energy.....kJ	1485		0		4		421	1664	
Protein (N x 5.8).....g	10.00	0.117	129		1		2.84	11.20	
Total lipid (fat).....g	1.70	0.050	125		1		0.48	1.90	
Ash.....g	5.60	0.042	110		1		1.59	6.27	
Carbohydrate, by difference.....g	73.60		0		4		20.87	82.43	
Fiber, total dietary.....g	5.4		0		4		1.5	6.1	
Sugars, total.....g	2.21		0	FLC	4		0.63	2.48	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	342	13.692	134		1		97	383	
Iron, Fe.....mg	3.05	0.128	104		1		0.86	3.42	
Magnesium, Mg.....mg	31	1.925	60		1		9	35	
Phosphorus, P.....mg	627	16.515	135		1		178	702	
Potassium, K.....mg	191	3.867	82		1		54	214	
Sodium, Na.....mg	1089		0	LC	8		309	1220	
Zinc, Zn.....mg	0.84	0.025	58		1		0.24	0.94	
Copper, Cu.....mg	0.115	0.007	57		1		0.033	0.129	
Manganese, Mn.....mg	0.395	0.028	31		1		0.112	0.442	
Selenium, Se.....µg	12.9	0.845	8	A	1		3.7	14.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.610	0.021	61		1		0.173	0.683	
Riboflavin.....mg	0.371	0.019	61		1		0.105	0.416	
Niacin.....mg	3.758	0.137	61		1		1.065	4.209	
Pantothenic acid.....mg	0.426	0.032	14		1		0.121	0.477	
Vitamin B-6.....mg	0.183	0.013	12		1		0.052	0.205	
Folate, total.....µg	136		0	FLC	4		39	152	
Folic acid.....µg	127		0		4		36	142	
Folate, food.....µg	9	0.865	6		1		3	10	
Folate, DFE.....mcg_DFE	225		0	NC	4		64	252	
Choline, total.....mg	8.5		0	FLC	4		2.4	9.5	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	FLC	4		0	0	
Carotene, beta.....µg	1		0	FLC	4		0	1	
Carotene, alpha.....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLC	4		0	0	
Vitamin A, IU.....IU	1		0	NC	4		0	2	
Lycopene.....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....µg	78		0	FLC	4		22	87	
Vitamin E (alpha-tocopherol).....mg	0.39		0	FLC	4		0.11	0.44	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.7		0	FLC	4		0.2	0.8	
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									
Lipids:									

Pancakes, plain, dry mix, incomplete (includes buttermilk)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.250		0		4		0.071	0.280	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.002		0		4		0.001	0.002	
13:0.....g									
14:0.....g	0.001		0		4		0.000	0.001	
15:0.....g									
16:0.....g	0.222		0		4		0.063	0.249	
17:0.....g									
18:0.....g	0.017		0		4		0.005	0.019	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.324		0		4		0.092	0.363	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		4		0.001	0.003	
17:1.....g									
18:1 undifferentiated.....g	0.322		0		4		0.091	0.361	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.726		0		4		0.206	0.813	
18:2 undifferentiated.....g	0.695		0		4		0.197	0.778	
18:3 undifferentiated.....g	0.031		0		4		0.009	0.035	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.112		0		4		0.032	0.125	
Threonine.....g	0.293		0		4		0.083	0.328	
Isoleucine.....g	0.372		0		4		0.105	0.417	
Leucine.....g	0.767		0		4		0.217	0.859	
Lysine.....g	0.236		0		4		0.067	0.264	
Methionine.....g	0.179		0		4		0.051	0.200	
Cystine.....g	0.219		0		4		0.062	0.245	
Phenylalanine.....g	0.494		0		4		0.140	0.553	
Tyrosine.....g	0.296		0		4		0.084	0.332	
Valine.....g	0.447		0		4		0.127	0.501	
Arginine.....g	0.411		0		4		0.117	0.460	
Histidine.....g	0.227		0		4		0.064	0.254	
Alanine.....g	0.391		0		4		0.111	0.438	
Aspartic acid.....g	0.502		0		4		0.142	0.562	
Glutamic acid.....g	3.094		0		4		0.877	3.465	
Glycine.....g	0.370		0		4		0.105	0.414	
Proline.....g	1.055		0		4		0.299	1.182	
Serine.....g	0.480		0		4		0.136	0.538	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18291

Pancakes, plain, dry mix, incomplete (includes buttermilk)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 112g: 1 cup, poured from box

Calories Factors: Protein 3.9

Fat 8.4

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18292

Pancakes, plain, dry mix, incomplete, prepared

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	52.90		0		1		15.00	20.10	40.73
Energy.....kcal	218		0	NC	4		62	83	168
Energy.....kJ	912				4		259	347	702
Protein.....g	7.80		0		1		2.21	2.96	6.01
Total lipid (fat).....g	7.70		0		1		2.18	2.93	5.93
Ash.....g	2.60		0		1		0.74	0.99	2.00
Carbohydrate, by difference.....g	28.90		0	NC	4		8.19	10.98	22.25
Fiber, total dietary.....g	1.9		0		4		0.5	0.7	1.4
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	215		0		1		61	82	166
Iron, Fe.....mg	1.30		0		1		0.37	0.49	1.00
Magnesium, Mg.....mg	22		0		1		6	8	17
Phosphorus, P.....mg	313		0		1		89	119	241
Potassium, K.....mg	199		0		1		56	76	153
Sodium, Na.....mg	505		0		1		143	192	389
Zinc, Zn.....mg	0.75		0		1		0.21	0.29	0.58
Copper, Cu.....mg	0.047		0		1		0.013	0.018	0.036
Manganese, Mn.....mg	0.140		0		1		0.040	0.053	0.108
Selenium, Se.....µg	9.8	0.506	28	A	1		2.8	3.7	7.5
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.6		0		1		0.2	0.2	0.5
Thiamin.....mg	0.201		0		1		0.057	0.076	0.155
Riboflavin.....mg	0.311		0		1		0.088	0.118	0.239
Niacin.....mg	1.232		0		1		0.349	0.468	0.949
Pantothenic acid.....mg	0.506		0		1		0.143	0.192	0.390
Vitamin B-6.....mg	0.105		0		1		0.030	0.040	0.081
Folate, total.....µg	36		0	FLA	4		10	14	28
Folic acid.....µg	25		0	NC	4		7	10	19
Folate, food.....µg	11		0		1		3	4	8
Folate, DFE.....mcg_DFE	54		0	NC	4		15	20	41
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.34		0		1		0.10	0.13	0.26
Vitamin A, RAE.....mcg_RAE	71		0	NC	4		20	27	55
Retinol.....µg	70		0	NC	4		20	27	54
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	250		0		1		71	95	193
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	2.045		0		1		0.580	0.777	1.575
4:0.....g	0.048		0		1		0.014	0.018	0.037

Pancakes, plain, dry mix, incomplete, prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.029		0		1		0.008	0.011	0.022
8:0.....g	0.017		0		1		0.005	0.006	0.013
10:0.....g	0.037		0		1		0.010	0.014	0.028
12:0.....g	0.043		0		1		0.012	0.016	0.033
13:0.....g									
14:0.....g	0.159		0		1		0.045	0.060	0.122
15:0.....g									
16:0.....g	1.235		0		1		0.350	0.469	0.951
17:0.....g									
18:0.....g	0.464		0		1		0.132	0.176	0.357
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.070		0		1		0.587	0.787	1.594
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.088		0		1		0.025	0.033	0.068
17:1.....g									
18:1 undifferentiated.....g	1.964		0		1		0.557	0.746	1.512
20:1.....g	0.013		0		1		0.004	0.005	0.010
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.923		0		1		0.829	1.111	2.251
18:2 undifferentiated.....g	2.574		0		1		0.730	0.978	1.982
18:3 undifferentiated.....g	0.321		0		1		0.091	0.122	0.247
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.022		0		1		0.006	0.008	0.017
20:5 n-3 (EPA).....g	0.001		0		1		0.000	0.000	0.001
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.006		0		1		0.002	0.002	0.005
Fatty acids, total trans.....g									
Cholesterol.....mg	71		0		1		20	27	55
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.095		0		1		0.027	0.036	0.073
Threonine.....g	0.298		0		1		0.084	0.113	0.229
Isoleucine.....g	0.375		0		1		0.106	0.143	0.289
Leucine.....g	0.657		0		1		0.186	0.250	0.506
Lysine.....g	0.405		0		1		0.115	0.154	0.312
Methionine.....g	0.180		0		1		0.051	0.068	0.139
Cystine.....g	0.141		0		1		0.040	0.054	0.109
Phenylalanine.....g	0.384		0		1		0.109	0.146	0.296
Tyrosine.....g	0.293		0		1		0.083	0.111	0.226
Valine.....g	0.428		0		1		0.121	0.163	0.330
Arginine.....g	0.341		0		1		0.097	0.130	0.263
Histidine.....g	0.187		0		1		0.053	0.071	0.144
Alanine.....g	0.321		0		1		0.091	0.122	0.247
Aspartic acid.....g	0.543		0		1		0.154	0.206	0.418
Glutamic acid.....g	1.803		0		1		0.511	0.685	1.388
Glycine.....g	0.241		0		1		0.068	0.092	0.186
Proline.....g	0.666		0		1		0.189	0.253	0.513
Serine.....g	0.435		0		1		0.123	0.165	0.335
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18292

Pancakes, plain, dry mix, incomplete, prepared

Measure 2 = 38g: 1 pancake (4" dia)

Measure 3 = 77g: 1 pancake (6" dia)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18936

Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	43.80	0.732	4	A	1		12.42	16.64	63.08
Energy.....kcal	239		0	NC	4		68	91	345
Energy.....kJ	1002		0	NC	4		284	381	1442
Protein.....g	5.88	0.459	4	A	1		1.67	2.24	8.47
Total lipid (fat).....g	4.73	1.000	4	A	1		1.34	1.80	6.81
Ash.....g	2.26	0.098	4	A	1		0.64	0.86	3.25
Carbohydrate, by difference.....g	43.33		0	NC	4		12.28	16.46	62.39
Fiber, total dietary.....g	2.5	0.103	3	A	1		0.7	1.0	3.6
Sugars, total.....g	7.06	2.107	3	A	1		2.00	2.68	10.16
Sucrose.....g	0.16	0.049	3	A	1		0.04	0.06	0.23
Glucose (dextrose).....g	3.13	1.139	3	A	1		0.89	1.19	4.51
Fructose.....g	2.74	0.748	3	A	1		0.78	1.04	3.94
Lactose.....g	0.85	0.156	3	A	1		0.24	0.32	1.23
Maltose.....g	0.18	0.078	3	A	1		0.05	0.07	0.25
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Starch.....g	33.56	0.323	3	A	1		9.52	12.75	48.33
Minerals:									
Calcium, Ca.....mg	72	8.874	4	A	1		21	27	104
Iron, Fe.....mg	1.64	0.705	4	A	1		0.46	0.62	2.36
Magnesium, Mg.....mg	16	2.791	4	A	1		5	6	24
Phosphorus, P.....mg	350	51.630	4	A	1		99	133	504
Potassium, K.....mg	122	24.033	4	A	1		35	46	176
Sodium, Na.....mg	566	48.883	4	A	1		161	215	815
Zinc, Zn.....mg	0.44	0.131	4	A	1		0.13	0.17	0.64
Copper, Cu.....mg	0.035		2	A	1		0.010	0.013	0.050
Manganese, Mn.....mg	0.141	0.035	4	A	1		0.040	0.054	0.203
Selenium, Se.....µg	7.4	1.172	3	A	1		2.1	2.8	10.7
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.363	0.119	4	A	1		0.103	0.138	0.522
Riboflavin.....mg	0.335	0.113	4	A	1		0.095	0.127	0.482
Niacin.....mg	3.345	1.395	4	A	1		0.948	1.271	4.817
Pantothenic acid.....mg	0.177	0.033	3	A	1		0.050	0.067	0.254
Vitamin B-6.....mg	0.278	0.248	3	A	1		0.079	0.105	0.400
Folate, total.....µg	54		1	A	1		15	21	78
Folic acid.....µg	45		1	A	1		13	17	65
Folate, food.....µg	9		0	AS	1		3	3	13
Folate, DFE.....mcg_DFE	86		0	NC	4		24	32	123
Choline, total.....mg	28.1		0	AS	1		8.0	10.7	40.5
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....mcg_RAE	216		0	AS	1		61	82	311
Retinol.....µg	216	204.607	3	A	1		61	82	311
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	719		0	AS	1		204	273	1036
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.38	0.139	3	A	1		0.11	0.14	0.54
Tocopherol, beta.....mg	0.05	0.010	3	A	1		0.01	0.02	0.07
Tocopherol, gamma.....mg	2.58	1.269	3	A	1		0.73	0.98	3.71
Tocopherol, delta.....mg	0.75	0.369	3	A	1		0.21	0.28	1.08
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	7.4		1	A	1		2.1	2.8	10.7

NDB No. 18936

Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points		Measure 1	Measure 2	Measure 3	
			Deriv Code	Source Code				Confidence Code
Dihydrophyloquinone.....µg	4.8		1	A	1	1.4	1.8	7.0
Menaquinone-4.....µg								
Lipids:								
Fatty acids, total saturated.....g	0.949		0	NC	4	0.269	0.360	1.366
4:0.....g								
6:0.....g								
8:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000
10:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000
12:0.....g	0.005	0.003	3	A	1	0.001	0.002	0.007
13:0.....g								
14:0.....g	0.019	0.002	3	A	1	0.005	0.007	0.027
15:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000
16:0.....g	0.615	0.134	3	A	1	0.174	0.234	0.886
17:0.....g	0.003	0.002	3	A	1	0.001	0.001	0.005
18:0.....g	0.275	0.082	3	A	1	0.078	0.104	0.395
20:0.....g	0.014	0.005	3	A	1	0.004	0.005	0.021
22:0.....g	0.018	0.004	3	A	1	0.005	0.007	0.025
24:0.....g								
Fatty acids, total monounsaturated.....g	2.721		0	NC	4	0.771	1.034	3.918
14:1.....g	0.000	0.000	3	A	1	0.000	0.000	0.000
15:1.....g	0.000	0.000	3	A	1	0.000	0.000	0.000
16:1 undifferentiated.....g	0.017	0.003	3	A	1	0.005	0.006	0.024
17:1.....g	0.000	0.000	3	A	1	0.000	0.000	0.000
18:1 undifferentiated.....g	2.689	0.917	3	A	1	0.762	1.022	3.872
20:1.....g	0.015	0.004	3	A	1	0.004	0.006	0.022
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.070		0	NC	4	0.303	0.407	1.540
18:2 undifferentiated.....g	1.018	0.247	3	A	1	0.288	0.387	1.465
18:3 undifferentiated.....g	0.042	0.008	3	A	1	0.012	0.016	0.060
18:3 n-3 c,c,c (ALA).....g								
18:3 n-6 c,c,c.....g	0.007	0.002	3	A	1	0.002	0.003	0.010
18:3i.....g								
18:4.....g								
20:2 n-6 c,c.....g	0.000	0.000	3	A	1	0.000	0.000	0.000
20:3 undifferentiated.....g	0.000	0.000	3	A	1	0.000	0.000	0.000
20:3 n-3.....g								
20:3 n-6.....g								
20:4 undifferentiated.....g	0.003	0.003	3	A	1	0.001	0.001	0.004
20:4 n-3.....g								
20:4 n-6.....g								
20:5 n-3 (EPA).....g								
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g								
Cholesterol.....mg								
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g								
Caffeine.....mg	0		0	Z	7	0	0	0
Theobromine.....mg	0		0	Z	7	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 38g: 1 pancake

NDB No. 18936

Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)

Measure 3 = 144g: 1 serving (3 pancakes)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18293

Pancakes, plain, prepared from recipe

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	52.90		0		1		15.00	20.10	40.73
Energy.....kcal	227		0	NC	4		64	86	175
Energy.....kJ	950				4		269	361	731
Protein (N x 0).....g	6.40		0		1		1.81	2.43	4.93
Total lipid (fat).....g	9.70		0		1		2.75	3.69	7.47
Ash.....g	2.60		0		1		0.74	0.99	2.00
Carbohydrate, by difference.....g	28.30		0	NC	4		8.02	10.75	21.79
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	219		0		1		62	83	169
Iron, Fe.....mg	1.80		0		1		0.51	0.68	1.39
Magnesium, Mg.....mg	16		0		1		5	6	12
Phosphorus, P.....mg	159		0		1		45	60	122
Potassium, K.....mg	132		0		1		37	50	102
Sodium, Na.....mg	439		0		1		124	167	338
Zinc, Zn.....mg	0.56		0		1		0.16	0.21	0.43
Copper, Cu.....mg	0.049		0		1		0.014	0.019	0.038
Manganese, Mn.....mg	0.200		0		1		0.057	0.076	0.154
Selenium, Se.....µg	14.9		0	RK	4		4.2	5.7	11.5
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		0		1		0.1	0.1	0.2
Thiamin.....mg	0.201		0		1		0.057	0.076	0.155
Riboflavin.....mg	0.281		0		1		0.080	0.107	0.216
Niacin.....mg	1.567		0		1		0.444	0.595	1.207
Pantothenic acid.....mg	0.405		0		1		0.115	0.154	0.312
Vitamin B-6.....mg	0.046		0		1		0.013	0.017	0.035
Folate, total.....µg	38		0	RK	4		11	14	29
Folic acid.....µg	26		0	NC	4		7	10	20
Folate, food.....µg	12		0		1		3	5	9
Folate, DFE.....mcg_DFE	56		0	NC	4		16	21	43
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.22		0		1		0.06	0.08	0.17
Vitamin A, RAE.....mcg_RAE	54		0	NC	4		15	20	41
Retinol.....µg	53		0	NC	4		15	20	41
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	196		0		1		56	74	151
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	2.122		0		1		0.602	0.806	1.634
4:0.....g	0.036		0		1		0.010	0.014	0.028

NDB No. 18293

Pancakes, plain, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.021		0		1		0.006	0.008	0.016
8:0.....g	0.012		0		1		0.003	0.005	0.009
10:0.....g	0.028		0		1		0.008	0.011	0.022
12:0.....g	0.031		0		1		0.009	0.012	0.024
13:0.....g									
14:0.....g	0.122		0		1		0.035	0.046	0.094
15:0.....g									
16:0.....g	1.354		0		1		0.384	0.515	1.043
17:0.....g									
18:0.....g	0.508		0		1		0.144	0.193	0.391
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.474		0		1		0.701	0.940	1.905
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.078		0		1		0.022	0.030	0.060
17:1.....g									
18:1 undifferentiated.....g	2.375		0		1		0.673	0.903	1.829
20:1.....g	0.018		0		1		0.005	0.007	0.014
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.447		0		1		1.261	1.690	3.424
18:2 undifferentiated.....g	3.913		0		1		1.109	1.487	3.013
18:3 undifferentiated.....g	0.510		0		1		0.145	0.194	0.393
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.018		0		1		0.005	0.007	0.014
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.005		0		1		0.001	0.002	0.004
Fatty acids, total trans.....g									
Cholesterol.....mg	59		0		1		17	22	45
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.080		0		1		0.023	0.030	0.062
Threonine.....g	0.237		0		1		0.067	0.090	0.182
Isoleucine.....g	0.297		0		1		0.084	0.113	0.229
Leucine.....g	0.513		0		1		0.145	0.195	0.395
Lysine.....g	0.321		0		1		0.091	0.122	0.247
Methionine.....g	0.147		0		1		0.042	0.056	0.113
Cystine.....g	0.116		0		1		0.033	0.044	0.089
Phenylalanine.....g	0.319		0		1		0.090	0.121	0.246
Tyrosine.....g	0.240		0		1		0.068	0.091	0.185
Valine.....g	0.335		0		1		0.095	0.127	0.258
Arginine.....g	0.280		0		1		0.079	0.106	0.216
Histidine.....g	0.152		0		1		0.043	0.058	0.117
Alanine.....g	0.245		0		1		0.069	0.093	0.189
Aspartic acid.....g	0.420		0		1		0.119	0.160	0.323
Glutamic acid.....g	1.570		0		1		0.445	0.597	1.209
Glycine.....g	0.198		0		1		0.056	0.075	0.152
Proline.....g	0.576		0		1		0.163	0.219	0.444
Serine.....g	0.363		0		1		0.103	0.138	0.280
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18293

Pancakes, plain, prepared from recipe

Measure 2 = 38g: 1 pancake (4" dia)

Measure 3 = 77g: 1 pancake (6" dia)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18297
Pancakes, special dietary, dry mix

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.001		0		1		0.000	0.002	
13:0.....g									
14:0.....g	0.001		0		1		0.000	0.002	
15:0.....g									
16:0.....g	0.177		0		1		0.050	0.402	
17:0.....g									
18:0.....g	0.018		0		1		0.005	0.041	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.276		0		1		0.078	0.627	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.001	0.007	
17:1.....g									
18:1 undifferentiated.....g	0.273		0		1		0.077	0.620	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.611		0		1		0.173	1.387	
18:2 undifferentiated.....g	0.586		0		1		0.166	1.330	
18:3 undifferentiated.....g	0.025		0		1		0.007	0.057	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.090		0		1		0.026	0.204	
Threonine.....g	0.271		0		1		0.077	0.615	
Isoleucine.....g	0.337		0		1		0.096	0.765	
Leucine.....g	0.796		0		1		0.226	1.807	
Lysine.....g	0.251		0		1		0.071	0.570	
Methionine.....g	0.158		0		1		0.045	0.359	
Cystine.....g	0.178		0		1		0.050	0.404	
Phenylalanine.....g	0.450		0		1		0.128	1.022	
Tyrosine.....g	0.295		0		1		0.084	0.670	
Valine.....g	0.394		0		1		0.112	0.894	
Arginine.....g	0.420		0		1		0.119	0.953	
Histidine.....g	0.223		0		1		0.063	0.506	
Alanine.....g	0.400		0		1		0.113	0.908	
Aspartic acid.....g	0.572		0		1		0.162	1.298	
Glutamic acid.....g	2.415		0		1		0.685	5.482	
Glycine.....g	0.322		0		1		0.091	0.731	
Proline.....g	0.878		0		1		0.249	1.993	
Serine.....g	0.429		0		1		0.122	0.974	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18297

Pancakes, special dietary, dry mix

Measure 2 = 227g: 1 package (8 oz)

Calories Factors: Protein 3.8

Fat 8.4

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18299

Pancakes, whole-wheat, dry mix, incomplete

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.002		0		1	0.001	0.003		
13:0.....g									
14:0.....g	0.002		0		1	0.001	0.003		
15:0.....g									
16:0.....g	0.217		0		1	0.062	0.304		
17:0.....g									
18:0.....g	0.012		0		1	0.003	0.017		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.279		0		1	0.079	0.391		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0		1	0.002	0.010		
17:1.....g									
18:1 undifferentiated.....g	0.273		0		1	0.077	0.382		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.605		0		1	0.172	0.847		
18:2 undifferentiated.....g	0.575		0		1	0.163	0.805		
18:3 undifferentiated.....g	0.030		0		1	0.009	0.042		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		1	0.000	0.001		
20:5 n-3 (EPA).....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1	0	0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.187		0		1	0.053	0.262		
Threonine.....g	0.394		0		1	0.112	0.552		
Isoleucine.....g	0.496		0		1	0.141	0.694		
Leucine.....g	0.908		0		1	0.257	1.271		
Lysine.....g	0.430		0		1	0.122	0.602		
Methionine.....g	0.216		0		1	0.061	0.302		
Cystine.....g	0.300		0		1	0.085	0.420		
Phenylalanine.....g	0.634		0		1	0.180	0.888		
Tyrosine.....g	0.397		0		1	0.113	0.556		
Valine.....g	0.628		0		1	0.178	0.879		
Arginine.....g	0.705		0		1	0.200	0.987		
Histidine.....g	0.297		0		1	0.084	0.416		
Alanine.....g	0.529		0		1	0.150	0.741		
Aspartic acid.....g	0.813		0		1	0.230	1.138		
Glutamic acid.....g	3.602		0		1	1.021	5.043		
Glycine.....g	0.555		0		1	0.157	0.777		
Proline.....g	1.108		0		1	0.314	1.551		
Serine.....g	0.599		0		1	0.170	0.839		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18299

Pancakes, whole-wheat, dry mix, incomplete

Measure 2 = 140g: 1 cup, poured from box

Calories Factors: Protein 3.7

Fat 8.4

Carbohydrate4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18300

Pancakes, whole-wheat, dry mix, incomplete, prepared

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	52.80		0		1		14.97	23.23	68.11
Energy.....kcal	208		0	NC	4		59	92	268
Energy.....kJ	870				4		247	383	1123
Protein.....g	8.50		0		1		2.41	3.74	10.97
Total lipid (fat).....g	6.50		0		1		1.84	2.86	8.39
Ash.....g	2.80		0		1		0.79	1.23	3.61
Carbohydrate, by difference.....g	29.40		0	NC	4		8.33	12.94	37.93
Fiber, total dietary.....g	2.8		0		4		0.8	1.2	3.7
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	250		0		1		71	110	323
Iron, Fe.....mg	3.11		0		1		0.88	1.37	4.01
Magnesium, Mg.....mg	46		0		4		13	20	59
Phosphorus, P.....mg	373		0		1		106	164	481
Potassium, K.....mg	279		0		1		79	123	360
Sodium, Na.....mg	572		0		1		162	252	738
Zinc, Zn.....mg	1.04		0		4		0.29	0.46	1.34
Copper, Cu.....mg	0.080		0		4		0.023	0.035	0.103
Manganese, Mn.....mg	1.546		0		4		0.438	0.680	1.994
Selenium, Se.....µg	19.4		0	FLA	4		5.5	8.5	25.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.5		0		1		0.1	0.2	0.6
Thiamin.....mg	0.197		0		1		0.056	0.087	0.254
Riboflavin.....mg	0.529		0		1		0.150	0.233	0.682
Niacin.....mg	2.309		0		1		0.655	1.016	2.979
Pantothenic acid.....mg	0.518		0		4		0.147	0.228	0.668
Vitamin B-6.....mg	0.110		0		4		0.031	0.048	0.142
Folate, total.....µg	29		0	FLA	4		8	13	37
Folic acid.....µg	8		0	NC	4		2	4	10
Folate, food.....µg	21		0		4		6	9	27
Folate, DFE.....mcg_DFE	35		0	NC	4		10	15	45
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.29		0		1		0.08	0.13	0.37
Vitamin A, RAE.....mcg_RAE	64		0	NC	4		18	28	82
Retinol.....µg	63		0	NC	4		18	28	81
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	226		0		1		64	99	292
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.749		0		1		0.496	0.770	2.256
4:0.....g	0.041		0		1		0.012	0.018	0.053

NDB No. 18300

Pancakes, whole-wheat, dry mix, incomplete, prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.025		0		1		0.007	0.011	0.032
8:0.....g	0.014		0		1		0.004	0.006	0.018
10:0.....g	0.032		0		1		0.009	0.014	0.041
12:0.....g	0.037		0		1		0.010	0.016	0.048
13:0.....g									
14:0.....g	0.137		0		1		0.039	0.060	0.177
15:0.....g									
16:0.....g	1.057		0		1		0.300	0.465	1.364
17:0.....g									
18:0.....g	0.391		0		1		0.111	0.172	0.504
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.742		0		1		0.494	0.766	2.247
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.077		0		1		0.022	0.034	0.099
17:1.....g									
18:1 undifferentiated.....g	1.650		0		1		0.468	0.726	2.129
20:1.....g	0.010		0		1		0.003	0.004	0.013
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.406		0		1		0.682	1.059	3.104
18:2 undifferentiated.....g	2.118		0		1		0.600	0.932	2.732
18:3 undifferentiated.....g	0.264		0		1		0.075	0.116	0.341
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.019		0		1		0.005	0.008	0.025
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.005		0		1		0.001	0.002	0.006
Fatty acids, total trans.....g									
Cholesterol.....mg	61		0		1		17	27	79
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.118		0		1		0.033	0.052	0.152
Threonine.....g	0.316		0		1		0.090	0.139	0.408
Isoleucine.....g	0.396		0		1		0.112	0.174	0.511
Leucine.....g	0.675		0		1		0.191	0.297	0.871
Lysine.....g	0.438		0		1		0.124	0.193	0.565
Methionine.....g	0.182		0		1		0.052	0.080	0.235
Cystine.....g	0.167		0		1		0.047	0.073	0.215
Phenylalanine.....g	0.419		0		1		0.119	0.184	0.541
Tyrosine.....g	0.312		0		1		0.088	0.137	0.402
Valine.....g	0.468		0		1		0.133	0.206	0.604
Arginine.....g	0.432		0		1		0.122	0.190	0.557
Histidine.....g	0.204		0		1		0.058	0.090	0.263
Alanine.....g	0.357		0		1		0.101	0.157	0.461
Aspartic acid.....g	0.620		0		1		0.176	0.273	0.800
Glutamic acid.....g	1.969		0		1		0.558	0.866	2.540
Glycine.....g	0.303		0		1		0.086	0.133	0.391
Proline.....g	0.671		0		1		0.190	0.295	0.866
Serine.....g	0.454		0		1		0.129	0.200	0.586
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18300

Pancakes, whole-wheat, dry mix, incomplete, prepared

Measure 2 = 44g: 1 pancake (4" dia)

Measure 3 = 129g: 1 pancake (6" dia)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

Pastry, Pastelitos de Guava (guava pastries)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000	0.000	3	A	1		0.000		
8:0.....g	0.000	0.000	3	A	1		0.000		
10:0.....g	0.021	0.001	3	A	1		0.018		
12:0.....g	0.007	0.003	3	A	1		0.006		
13:0.....g									
14:0.....g	0.064	0.033	3	A	1		0.055		
15:0.....g	0.010	0.005	3	A	1		0.009		
16:0.....g	2.260	0.034	3	A	1		1.944		
17:0.....g	0.035	0.013	3	A	1		0.030		
18:0.....g	3.014	0.453	3	A	1		2.592		
20:0.....g	0.057	0.002	3	A	1		0.049		
22:0.....g	0.049	0.004	3	A	1		0.042		
24:0.....g	0.018	0.002	3	A	1		0.015		
Fatty acids, total monounsaturated.....g	8.543		0	NC	4		7.347		
14:1.....g	0.010	0.008	3	A	1		0.009		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.057	0.037	3	AS	1		0.049		
16:1 c.....g	0.053	0.033	3	A	1		0.046		
16:1 t.....g	0.004	0.004	3	A	1		0.003		
17:1.....g	0.000	0.000	3	A	1		0.000		
18:1 undifferentiated.....g	8.434	1.173	3	AS	1		7.253		
18:1 c.....g	6.082	0.722	3	A	1		5.231		
18:1-11c (18:1c n-7).....g									
18:1 t.....g	2.352	0.468	3	A	1		2.022		
18:1-11t (18:1t n-7).....g									
20:1.....g	0.042	0.002	3	A	1		0.036		
22:1 undifferentiated.....g	0.000	0.000	3	AS	1		0.000		
22:1 c.....g	0.000	0.000	3	A	1		0.000		
22:1 t.....g	0.000	0.000	3	A	1		0.000		
24:1 c.....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total polyunsaturated.....g	2.835		0	NC	4		2.438		
18:2 undifferentiated.....g	2.661	0.319	3	AS	1		2.289		
18:2 n-6 c,c.....g	2.142	0.384	3	A	1		1.842		
18:2 CLAs.....g	0.021	0.006	3	A	1		0.018		
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.498	0.095	3	A	1		0.428		
18:3 undifferentiated.....g	0.163	0.072	3	AS	1		0.140		
18:3 n-3 c,c,c (ALA).....g	0.163	0.072	3	A	1		0.140		
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1		0.000		
18:3i.....g									
18:4.....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c.....g	0.003	0.001	3	A	1		0.003		
20:3 undifferentiated.....g	0.000	0.000	3	AS	1		0.000		
20:3 n-3.....g	0.000	0.000	3	A	1		0.000		
20:3 n-6.....g	0.000	0.000	3	A	1		0.000		
20:4 undifferentiated.....g	0.004	0.004	3	A	1		0.003		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000		
21:5.....g									
22:4.....g	0.003	0.000	3	A	1		0.002		
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.000		
22:6 n-3 (DHA).....g	0.001	0.001	3	A	1		0.001		
Fatty acids, total trans.....g	2.853		0	NC	4		2.454		
Fatty acids, total trans-monoenoic.....g	2.355		0	NC	4		2.025		
Fatty acids, total trans-polyenoic.....g	0.498		0	NC	4		0.428		
Cholesterol.....mg	10	8.348	3	A	1		8		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 18959

Pastry, Pastelitos de Guava (guava pastries)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:

Measure 1 = 86g: 1 piece

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

Phyllo dough

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	32.60		0		1		9.24	6.19	
Energy.....kcal	299		0	NC	4		85	57	
Energy.....kJ	1251		0		4		355	238	
Protein (N x 0).....g	7.10		0		1		2.01	1.35	
Total lipid (fat).....g	6.00		0		1		1.70	1.14	
Ash.....g	1.60		0		1		0.45	0.30	
Carbohydrate, by difference.....g	52.60		0	NC	4		14.91	9.99	
Fiber, total dietary.....g	1.9		0		4		0.5	0.4	
Sugars, total.....g	0.18		0	FLC	4		0.05	0.03	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	11		0		1		3	2	
Iron, Fe.....mg	3.21		0		1		0.91	0.61	
Magnesium, Mg.....mg	15		0		1		4	3	
Phosphorus, P.....mg	75		0		1		21	14	
Potassium, K.....mg	74		0		1		21	14	
Sodium, Na.....mg	483		0		1		137	92	
Zinc, Zn.....mg	0.49		0		1		0.14	0.09	
Copper, Cu.....mg	0.101		0		1		0.029	0.019	
Manganese, Mn.....mg	0.476		0		1		0.135	0.090	
Selenium, Se.....µg	23.3		0	FLA	4		6.6	4.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.541		0		1		0.153	0.103	
Riboflavin.....mg	0.341		0		1		0.097	0.065	
Niacin.....mg	4.073		0		1		1.155	0.774	
Pantothenic acid.....mg	0.302		0		1		0.086	0.057	
Vitamin B-6.....mg	0.030		0		1		0.009	0.006	
Folate, total.....µg	88		0	FLC	4		25	17	
Folic acid.....µg	70		0		4		20	13	
Folate, food.....µg	18		0		1		5	3	
Folate, DFE.....mcg_DFE	137		0	NC	4		39	26	
Choline, total.....mg	6.9		0	FLC	4		2.0	1.3	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	FLC	4		0	0	
Carotene, beta.....µg	0		0	FLC	4		0	0	
Carotene, alpha.....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLC	4		0	0	
Vitamin A, IU.....IU	0		0	NC	4		0	0	
Lycopene.....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....µg	11		0	FLC	4		3	2	
Vitamin E (alpha-tocopherol).....mg	0.08		0	FLC	4		0.02	0.02	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	2.5		0	FLC	4		0.7	0.5	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Phyllo dough

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Fatty acids, total saturated.....g	1.470		0	FLA	4		0.417	0.279	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.027		0	FLA	4		0.008	0.005	
15:0.....g									
16:0.....g	0.794		0	FLA	4		0.225	0.151	
17:0.....g									
18:0.....g	0.649		0	FLA	4		0.184	0.123	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.149		0	FLA	4		0.893	0.598	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.011		0		1		0.003	0.002	
17:1.....g									
18:1 undifferentiated.....g	3.149		0	FLA	4		0.893	0.598	
20:1.....g	0.011		0		1		0.003	0.002	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.923		0	FLA	4		0.262	0.175	
18:2 undifferentiated.....g	0.876		0	FLA	4		0.248	0.166	
18:3 undifferentiated.....g	0.047		0	FLA	4		0.013	0.009	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.088		0		1		0.025	0.017	
Threonine.....g	0.194		0		1		0.055	0.037	
Isoleucine.....g	0.246		0		1		0.070	0.047	
Leucine.....g	0.490		0		1		0.139	0.093	
Lysine.....g	0.158		0		1		0.045	0.030	
Methionine.....g	0.126		0		1		0.036	0.024	
Cystine.....g	0.151		0		1		0.043	0.029	
Phenylalanine.....g	0.359		0		1		0.102	0.068	
Tyrosine.....g	0.215		0		1		0.061	0.041	
Valine.....g	0.286		0		1		0.081	0.054	
Arginine.....g	0.288		0		1		0.082	0.055	
Histidine.....g	0.159		0		1		0.045	0.030	
Alanine.....g	0.229		0		1		0.065	0.044	
Aspartic acid.....g	0.300		0		1		0.085	0.057	
Glutamic acid.....g	2.400		0		1		0.680	0.456	
Glycine.....g	0.256		0		1		0.073	0.049	
Proline.....g	0.826		0		1		0.234	0.157	
Serine.....g	0.356		0		1		0.101	0.068	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18338

Phyllo dough

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Measure 1	Measure 2	Measure 3
			of Data	Code	Code			
		Points	Code	Code				

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 19g: 1 sheet dough

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18943

Pie Crust, Cookie-type, Chocolate, Ready Crust

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	4.99	0.605	3	A	1		9.08		
Energy.....kcal	484		0	NC	4		881		
Energy.....kJ	2025		0	NC	4		3686		
Protein.....g	6.08	0.365	3	A	1		11.07		
Total lipid (fat).....g	22.42	0.786	3	A	1		40.80		
Ash.....g	2.03	0.233	3	A	1		3.69		
Carbohydrate, by difference.....g	64.48		0	NC	4		117.35		
Fiber, total dietary.....g	2.7	0.260	3	A	1		5.0		
Sugars, total.....g	26.31		0	FLA	4		47.88		
Starch.....g	34.67	2.285	3	A	1		63.09		
Minerals:									
Calcium, Ca.....mg	32	7.839	3	A	1		58		
Iron, Fe.....mg	4.30		2	A	1		7.83		
Magnesium, Mg.....mg	40	2.848	3	A	1		73		
Phosphorus, P.....mg	120	10.000	3	A	1		218		
Potassium, K.....mg	187	8.819	3	A	1		340		
Sodium, Na.....mg	503	48.419	3	A	1		916		
Zinc, Zn.....mg	2.10	0.153	3	A	1		3.82		
Copper, Cu.....mg	0.770	0.112	3	A	1		1.401		
Manganese, Mn.....mg	1.833	0.233	3	A	1		3.337		
Selenium, Se.....µg	2.5	0.262	3	A	1		4.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0		
Thiamin.....mg	0.336	0.089	3	A	1		0.612		
Riboflavin.....mg	0.265	0.025	3	A	1		0.482		
Niacin.....mg	3.073	0.113	3	A	1		5.593		
Pantothenic acid.....mg	0.168	0.014	3	A	1		0.306		
Vitamin B-6.....mg	0.043	0.009	3	A	1		0.078		
Folate, total.....µg	72	7.513	3	A	1		132		
Folic acid.....µg	50	7.839	3	A	1		92		
Folate, food.....µg	22	0.577	3	AS	1		40		
Folate, DFE.....mcg_DFE	108		0	NC	4		196		
Choline, total.....mg	16.4		0	AS	1		29.9		
Betaine.....mg	21.3		1	A	1		38.8		
Vitamin B-12.....µg	0.00		0	FLA	4		0.00		
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	FLA	4		0		
Retinol.....µg	0		0	FLA	4		0		
Carotene, beta.....µg	0		0	FLA	4		0		
Carotene, alpha.....µg	0		0	FLA	4		0		
Cryptoxanthin, beta.....µg	0		0	FLA	4		0		
Vitamin A, IU.....IU	0		0	FLA	4		0		
Lycopene.....µg	0		0	FLA	4		0		
Lutein + zeaxanthin.....µg	12		0	FLA	4		22		
Vitamin E (alpha-tocopherol).....mg	1.79	0.285	3	A	1		3.26		
Vitamin E, added.....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	18.2	2.240	3	A	1		33.1		
Dihydrophylloquinone.....µg									
Menquinone-4.....µg	0.6	0.305	3	A	1		1.1		
Lipids:									

Pie Crust, Cookie-type, Chocolate, Ready Crust

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	4.725		0	NC	4		8.599		
4:0.....g	0.000	0.000	3	A	1		0.000		
6:0.....g	0.000	0.000	3	A	1		0.000		
8:0.....g	0.000	0.000	3	A	1		0.000		
10:0.....g	0.000	0.000	3	A	1		0.000		
12:0.....g	0.000	0.000	3	A	1		0.000		
13:0.....g									
14:0.....g	0.023	0.003	3	A	1		0.042		
15:0.....g	0.001	0.001	3	A	1		0.001		
16:0.....g	2.587	0.107	3	A	1		4.707		
17:0.....g	0.028	0.001	3	A	1		0.052		
18:0.....g	1.912	0.081	3	A	1		3.480		
20:0.....g	0.088	0.004	3	A	1		0.160		
22:0.....g	0.086	0.004	3	A	1		0.157		
24:0.....g									
Fatty acids, total monounsaturated.....g	14.501		0	NC	4		26.392		
14:1.....g	0.000		0	FLA	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.019	0.002	3	AS	1		0.035		
17:1.....g									
18:1 undifferentiated.....g	14.433	0.307	3	AS	1		26.269		
20:1.....g	0.029	0.004	3	A	1		0.054		
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.035		0	NC	4		3.704		
18:2 undifferentiated.....g	1.972	0.395	3	AS	1		3.589		
18:3 undifferentiated.....g	0.063	0.012	3	AS	1		0.115		
18:4.....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000		
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.000		
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.080		0	FLA	4		0.146		
Threonine.....g	0.205		0	FLA	4		0.374		
Isoleucine.....g	0.225		0	FLA	4		0.409		
Leucine.....g	0.382		0	FLA	4		0.695		
Lysine.....g	0.245		0	FLA	4		0.446		
Methionine.....g	0.073		0	FLA	4		0.133		
Cystine.....g	0.108		0	FLA	4		0.197		
Phenylalanine.....g	0.277		0	FLA	4		0.503		
Tyrosine.....g	0.164		0	FLA	4		0.299		
Valine.....g	0.316		0	FLA	4		0.575		
Arginine.....g	0.290		0	FLA	4		0.527		
Histidine.....g	0.112		0	FLA	4		0.203		
Alanine.....g	0.238		0	FLA	4		0.432		
Aspartic acid.....g	0.454		0	FLA	4		0.827		
Glutamic acid.....g	1.318		0	FLA	4		2.398		
Glycine.....g	0.243		0	FLA	4		0.443		
Proline.....g	0.419		0	FLA	4		0.762		
Serine.....g	0.260		0	FLA	4		0.473		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	15		0	FLA	4		28		
Theobromine.....mg	100	24.427	3	A	1		181		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18943

Pie Crust, Cookie-type, Chocolate, Ready Crust

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 182g: 1 crust

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	FLA	4		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	FLA	4		0	0	
Vitamin K (phylloquinone).....µg	21.8	3.478	3	A	1		39.9	6.2	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g	4.999		0	NC	4		9.148	1.417	
4:0.....g	0.000	0.000	3	A	1		0.000	0.000	
6:0.....g	0.000	0.000	3	A	1		0.000	0.000	
8:0.....g	0.000	0.000	3	A	1		0.000	0.000	
10:0.....g	0.000	0.000	3	A	1		0.000	0.000	
12:0.....g	0.000	0.000	3	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.020	0.002	3	A	1		0.037	0.006	
15:0.....g	0.001	0.001	3	A	1		0.001	0.000	
16:0.....g	2.775	0.276	3	A	1		5.077	0.787	
17:0.....g	0.031	0.004	3	A	1		0.057	0.009	
18:0.....g	1.974	0.133	3	A	1		3.613	0.560	
20:0.....g	0.096	0.009	3	A	1		0.176	0.027	
22:0.....g	0.102	0.010	3	A	1		0.186	0.029	
24:0.....g									
Fatty acids, total monounsaturated.....g	16.928		0	NC	4		30.979	4.799	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.011	0.005	3	AS	1		0.020	0.003	
17:1.....g									
18:1 undifferentiated.....g	16.884	0.963	3	AS	1		30.897	4.786	
20:1.....g	0.034	0.002	3	A	1		0.062	0.010	
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.671		0	NC	4		3.058	0.474	
18:2 undifferentiated.....g	1.611	0.107	3	AS	1		2.948	0.457	
18:3 undifferentiated.....g	0.060	0.006	3	AS	1		0.109	0.017	
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 183g: 1 crust

Measure 2 = 28.35g: 1 oz

NDB No. 18942

Pie Crust, Cookie-type, Graham Cracker, Ready Crust

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18398

Pie crust, cookie-type, prepared from recipe, chocolate wafer, chilled

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	7.30		0		1		16.28	2.04	
Energy.....kcal	506		0	NC	4		1128	142	
Energy.....kJ	2117		0		4		4721	593	
Protein (N x 0).....g	5.10		0		1		11.37	1.43	
Total lipid (fat).....g	31.10		0		1		69.35	8.71	
Ash.....g	2.00		0		1		4.46	0.56	
Carbohydrate, by difference.....g	54.40		0	NC	4		121.31	15.23	
Fiber, total dietary.....g	1.5		0		4		3.3	0.4	
Sugars, total.....g	22.10		0	FLA	4		49.29	6.19	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	30		0		1		67	8	
Iron, Fe.....mg	3.00		0		1		6.69	0.84	
Magnesium, Mg.....mg	40		0		1		89	11	
Phosphorus, P.....mg	105		0		1		234	29	
Potassium, K.....mg	168		0		1		375	47	
Sodium, Na.....mg	672		0		1		1499	188	
Zinc, Zn.....mg	0.82		0		1		1.83	0.23	
Copper, Cu.....mg	0.346		0		1		0.772	0.097	
Manganese, Mn.....mg	0.519		0		1		1.157	0.145	
Selenium, Se.....µg	4.3		0	RK	4		9.6	1.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.154		0		1		0.343	0.043	
Riboflavin.....mg	0.208		0		1		0.464	0.058	
Niacin.....mg	2.138		0		1		4.768	0.599	
Pantothenic acid.....mg	0.275		0		1		0.613	0.077	
Vitamin B-6.....mg	0.002		0		1		0.004	0.001	
Folate, total.....µg	53		0	RK	4		118	15	
Folic acid.....µg	53		0	NC	4		118	15	
Folate, food.....µg	0		0		1		0	0	
Folate, DFE.....mcg_DFE	90		0	NC	4		201	25	
Choline, total.....mg	14.0		0	RK	4		31.3	3.9	
Betaine.....mg									
Vitamin B-12.....µg	0.02		0		1		0.04	0.01	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	211		0	NC	4		471	59	
Retinol.....µg	198		0	FLA	4		442	56	
Carotene, beta.....µg	156		0	FLA	4		347	44	
Carotene, alpha.....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	921		0	NC	4		2053	258	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	8		0	FLA	4		19	2	
Vitamin E (alpha-tocopherol).....mg	2.83		0	FLA	4		6.31	0.79	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.4		0	FLA	4		0.9	0.1	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	16		0	FLA	4		36	4	
Vitamin K (phylloquinone).....µg	25.5		0	FLA	4		56.9	7.1	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Pie crust, cookie-type, prepared from recipe, chocolate wafer, chilled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points					
Fatty acids, total saturated.....g	6.732		0		1	15.012	1.885	
4:0.....g	0.001		0		1	0.002	0.000	
6:0.....g	0.000		0		1	0.000	0.000	
8:0.....g	0.000		0		1	0.000	0.000	
10:0.....g	0.001		0		1	0.002	0.000	
12:0.....g	0.001		0		1	0.002	0.000	
13:0.....g								
14:0.....g	0.056		0		1	0.125	0.016	
15:0.....g								
16:0.....g	3.835		0		1	8.552	1.074	
17:0.....g								
18:0.....g	2.789		0		1	6.219	0.781	
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	14.729		0		1	32.846	4.124	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.018		0		1	0.040	0.005	
17:1.....g								
18:1 undifferentiated.....g	14.711		0		1	32.806	4.119	
20:1.....g	0.000		0		1	0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1	0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	7.713		0		1	17.200	2.160	
18:2 undifferentiated.....g	7.407		0		1	16.518	2.074	
18:3 undifferentiated.....g	0.304		0		1	0.678	0.085	
18:4.....g	0.000		0		1	0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.002		0		1	0.004	0.001	
20:5 n-3 (EPA).....g	0.000		0		1	0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		1	0.000	0.000	
22:6 n-3 (DHA).....g	0.001		0		1	0.002	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	1		0		1	2	0	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.075		0		1	0.167	0.021	
Threonine.....g	0.174		0		1	0.388	0.049	
Isoleucine.....g	0.208		0		1	0.464	0.058	
Leucine.....g	0.355		0		1	0.792	0.099	
Lysine.....g	0.227		0		1	0.506	0.064	
Methionine.....g	0.084		0		1	0.187	0.024	
Cystine.....g	0.097		0		1	0.216	0.027	
Phenylalanine.....g	0.240		0		1	0.535	0.067	
Tyrosine.....g	0.163		0		1	0.363	0.046	
Valine.....g	0.256		0		1	0.571	0.072	
Arginine.....g	0.221		0		1	0.493	0.062	
Histidine.....g	0.101		0		1	0.225	0.028	
Alanine.....g	0.185		0		1	0.413	0.052	
Aspartic acid.....g	0.320		0		1	0.714	0.090	
Glutamic acid.....g	1.353		0		1	3.017	0.379	
Glycine.....g	0.181		0		1	0.404	0.051	
Proline.....g	0.452		0		1	1.008	0.127	
Serine.....g	0.262		0		1	0.584	0.073	
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	
Caffeine.....mg	5		0	FLA	4	11	1	
Theobromine.....mg	166		0	FLA	4	370	46	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18398

Pie crust, cookie-type, prepared from recipe, chocolate wafer, chilled

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Measure 1	Measure 2	Measure 3
			of Data	Code	Code			
		Points	Code	Code				

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 223g: 1 crust, single 9"

Measure 2 = 28g: 1 piece (1/8 of 9" crust)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18330

Pie crust, cookie-type, prepared from recipe, graham cracker, baked

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	4.20		0		1		8.82	0.92	10.04
Energy.....kcal	494		0	NC	4		1037	109	1181
Energy.....kJ	2067		0		4		4340	455	4940
Protein (N x 0).....g	4.20		0		1		8.82	0.92	10.04
Total lipid (fat).....g	24.90		0		1		52.29	5.48	59.51
Ash.....g	1.50		0		1		3.15	0.33	3.59
Carbohydrate, by difference.....g	65.20		0	NC	4		136.92	14.34	155.83
Fiber, total dietary.....g	1.5		0		4		3.2	0.3	3.6
Sugars, total.....g	38.34		0	RK	4		80.52	8.43	91.63
Starch.....g									
Minerals:									
Calcium, Ca.....mg	21		0		1		44	5	50
Iron, Fe.....mg	2.17		0		1		4.56	0.48	5.19
Magnesium, Mg.....mg	18		0		1		38	4	43
Phosphorus, P.....mg	65		0		1		137	14	155
Potassium, K.....mg	88		0		1		185	19	210
Sodium, Na.....mg	571		0		1		1199	126	1365
Zinc, Zn.....mg	0.47		0		1		0.99	0.10	1.12
Copper, Cu.....mg	0.125		0		1		0.263	0.028	0.299
Manganese, Mn.....mg	0.463		0		1		0.972	0.102	1.107
Selenium, Se.....µg	6.0		0	RK	4		12.6	1.3	14.3
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.104		0		1		0.218	0.023	0.249
Riboflavin.....mg	0.175		0		1		0.368	0.039	0.418
Niacin.....mg	2.133		0		1		4.479	0.469	5.098
Pantothenic acid.....mg	0.220		0		1		0.462	0.048	0.526
Vitamin B-6.....mg	0.036		0		1		0.076	0.008	0.086
Folate, total.....µg	24		0	RK	4		50	5	57
Folic acid.....µg	17		0	NC	4		36	4	41
Folate, food.....µg	7		0		1		15	2	17
Folate, DFE.....mcg_DFE	36		0	NC	4		75	8	86
Choline, total.....mg	14.9		0	RK	4		31.4	3.3	35.7
Betaine.....mg									
Vitamin B-12.....µg	0.02		0		1		0.04	0.00	0.05
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	193		0	NC	4		406	43	462
Retinol.....µg	182		0	RK	4		383	40	436
Carotene, beta.....µg	131		0	RK	4		275	29	313
Carotene, alpha.....µg	0		0	RK	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	RK	4		0	0	0
Vitamin A, IU.....IU	826		0	NC	4		1735	182	1975
Lycopene.....µg	0		0	RK	4		0	0	0
Lutein + zeaxanthin.....µg	29		0	RK	4		60	6	68
Vitamin E (alpha-tocopherol).....mg	2.32		0	RK	4		4.88	0.51	5.55
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.4		0	RK	4		0.8	0.1	1.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	16		0	RK	4		34	4	38
Vitamin K (phylloquinone).....µg	24.7		0	RK	4		51.9	5.4	59.1
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 18330

Pie crust, cookie-type, prepared from recipe, graham cracker, baked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Fatty acids, total saturated.....g	5.196		0		1	10.912	1.143	12.418
4:0.....g	0.000		0		1	0.000	0.000	0.000
6:0.....g	0.000		0		1	0.000	0.000	0.000
8:0.....g	0.000		0		1	0.000	0.000	0.000
10:0.....g	0.003		0		1	0.006	0.001	0.007
12:0.....g	0.003		0		1	0.006	0.001	0.007
13:0.....g								
14:0.....g	0.074		0		1	0.155	0.016	0.177
15:0.....g								
16:0.....g	3.157		0		1	6.630	0.695	7.545
17:0.....g								
18:0.....g	1.942		0		1	4.078	0.427	4.641
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	11.370		0		1	23.877	2.501	27.174
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.050		0		1	0.105	0.011	0.120
17:1.....g								
18:1 undifferentiated.....g	11.320		0		1	23.772	2.490	27.055
20:1.....g	0.000		0		1	0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1	0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	6.908		0		1	14.507	1.520	16.510
18:2 undifferentiated.....g	6.608		0		1	13.877	1.454	15.793
18:3 undifferentiated.....g	0.300		0		1	0.630	0.066	0.717
18:4.....g	0.000		0		1	0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0		1	0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1	0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0		1	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1	0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0		1	0	0	0
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.055		0		1	0.116	0.012	0.131
Threonine.....g	0.119		0		1	0.250	0.026	0.284
Isoleucine.....g	0.152		0		1	0.319	0.033	0.363
Leucine.....g	0.293		0		1	0.615	0.064	0.700
Lysine.....g	0.109		0		1	0.229	0.024	0.261
Methionine.....g	0.073		0		1	0.153	0.016	0.174
Cystine.....g	0.088		0		1	0.185	0.019	0.210
Phenylalanine.....g	0.208		0		1	0.437	0.046	0.497
Tyrosine.....g	0.129		0		1	0.271	0.028	0.308
Valine.....g	0.178		0		1	0.374	0.039	0.425
Arginine.....g	0.175		0		1	0.368	0.039	0.418
Histidine.....g	0.094		0		1	0.197	0.021	0.225
Alanine.....g	0.137		0		1	0.288	0.030	0.327
Aspartic acid.....g	0.192		0		1	0.403	0.042	0.459
Glutamic acid.....g	1.362		0		1	2.860	0.300	3.255
Glycine.....g	0.151		0		1	0.317	0.033	0.361
Proline.....g	0.469		0		1	0.985	0.103	1.121
Serine.....g	0.207		0		1	0.435	0.046	0.495
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	RK	4	0	0	0
Theobromine.....mg	0		0	RK	4	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18330

Pie crust, cookie-type, prepared from recipe, graham cracker, baked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 210g: 1 pie shell (9" dia)

Measure 2 = 22g: 1 tart shell

Measure 3 = 239g: 1 crust, single 9"

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18399

Pie crust, cookie-type, prepared from recipe, graham cracker, chilled

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	6.10		0		1		14.88	1.83	
Energy.....kcal	484		0	NC	4		1181	145	
Energy.....kJ	2025		0		4		4941	608	
Protein (N x 0).....g	4.10		0		1		10.00	1.23	
Total lipid (fat).....g	24.40		0		1		59.54	7.32	
Ash.....g	1.50		0		1		3.66	0.45	
Carbohydrate, by difference.....g	63.90		0	NC	4		155.92	19.17	
Fiber, total dietary.....g	1.5		0		4		3.7	0.5	
Sugars, total.....g	37.57		0	RA	4		91.68	11.27	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	20		0		1		49	6	
Iron, Fe.....mg	2.12		0		1		5.17	0.64	
Magnesium, Mg.....mg	18		0		1		44	5	
Phosphorus, P.....mg	64		0		1		156	19	
Potassium, K.....mg	86		0		1		210	26	
Sodium, Na.....mg	560		0		1		1366	168	
Zinc, Zn.....mg	0.46		0		1		1.12	0.14	
Copper, Cu.....mg	0.122		0		1		0.298	0.037	
Manganese, Mn.....mg	0.453		0		1		1.105	0.136	
Selenium, Se.....µg	5.9		0	RK	4		14.4	1.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.102		0		1		0.249	0.031	
Riboflavin.....mg	0.172		0		1		0.420	0.052	
Niacin.....mg	2.091		0		1		5.102	0.627	
Pantothenic acid.....mg	0.216		0		1		0.527	0.065	
Vitamin B-6.....mg	0.035		0		1		0.085	0.011	
Folate, total.....µg	34		0	RK	4		83	10	
Folic acid.....µg	27		0	NC	4		66	8	
Folate, food.....µg	7		0		1		17	2	
Folate, DFE.....mcg_DFE	53		0	NC	4		129	16	
Choline, total.....mg	15.4		0	RK	4		37.6	4.6	
Betaine.....mg									
Vitamin B-12.....µg	0.02		0		1		0.05	0.01	
Vitamin A, RAE.....mcg_RAE	191		0	NC	4		465	57	
Retinol.....µg	179		0	RA	4		436	54	
Carotene, beta.....µg	143		0	RA	4		348	43	
Carotene, alpha.....µg	0		0	RA	4		0	0	
Cryptoxanthin, beta.....µg	0		0	RA	4		0	0	
Vitamin A, IU.....IU	833		0	NC	4		2034	250	
Lycopene.....µg	0		0	RA	4		0	0	
Lutein + zeaxanthin.....µg	31		0	RA	4		76	9	
Vitamin E (alpha-tocopherol).....mg	2.28		0	RA	4		5.56	0.68	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	24.2		0	RA	4		59.1	7.3	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	5.092		0		1		12.424	1.528	
4:0.....g	0.000		0		1		0.000	0.000	

Pie crust, cookie-type, prepared from recipe, graham cracker, chilled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.003		0		1		0.007	0.001	
12:0.....g	0.003		0		1		0.007	0.001	
13:0.....g									
14:0.....g	0.073		0		1		0.178	0.022	
15:0.....g									
16:0.....g	3.094		0		1		7.549	0.928	
17:0.....g									
18:0.....g	1.903		0		1		4.643	0.571	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	11.142		0		1		27.186	3.343	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.049		0		1		0.120	0.015	
17:1.....g									
18:1 undifferentiated.....g	11.094		0		1		27.069	3.328	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.769		0		1		16.516	2.031	
18:2 undifferentiated.....g	6.475		0		1		15.799	1.943	
18:3 undifferentiated.....g	0.294		0		1		0.717	0.088	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.054		0		1		0.132	0.016	
Threonine.....g	0.117		0		1		0.285	0.035	
Isoleucine.....g	0.149		0		1		0.364	0.045	
Leucine.....g	0.287		0		1		0.700	0.086	
Lysine.....g	0.107		0		1		0.261	0.032	
Methionine.....g	0.072		0		1		0.176	0.022	
Cystine.....g	0.086		0		1		0.210	0.026	
Phenylalanine.....g	0.203		0		1		0.495	0.061	
Tyrosine.....g	0.127		0		1		0.310	0.038	
Valine.....g	0.174		0		1		0.425	0.052	
Arginine.....g	0.171		0		1		0.417	0.051	
Histidine.....g	0.092		0		1		0.224	0.028	
Alanine.....g	0.135		0		1		0.329	0.041	
Aspartic acid.....g	0.189		0		1		0.461	0.057	
Glutamic acid.....g	1.335		0		1		3.257	0.401	
Glycine.....g	0.148		0		1		0.361	0.044	
Proline.....g	0.460		0		1		1.122	0.138	
Serine.....g	0.202		0		1		0.493	0.061	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18399

Pie crust, cookie-type, prepared from recipe, graham cracker, chilled

Common Measures:

Measure 1 = 244g: 1 crust, single 9"

Measure 2 = 30g: 1 piece (1/8 of 9" crust)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18401

Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	8.50		0		1		10.97	14.96	1.87
Energy.....kcal	531		0	NC	4		685	935	117
Energy.....kJ	2222		0		4		2866	3910	489
Protein (N x 0).....g	3.70		0		1		4.77	6.51	0.81
Total lipid (fat).....g	36.20		0		1		46.70	63.71	7.96
Ash.....g	1.40		0		1		1.81	2.46	0.31
Carbohydrate, by difference.....g	50.20		0	NC	4		64.76	88.35	11.04
Fiber, total dietary.....g	0.1		0		4		0.1	0.2	0.0
Sugars, total.....g	7.33		0	RC	4		9.45	12.90	1.61
Starch.....g									
Minerals:									
Calcium, Ca.....mg	42		0		1		54	74	9
Iron, Fe.....mg	1.63		0		1		2.10	2.87	0.36
Magnesium, Mg.....mg	10		0		1		13	18	2
Phosphorus, P.....mg	78		0		1		101	137	17
Potassium, K.....mg	79		0		1		102	139	17
Sodium, Na.....mg	515		0		1		664	906	113
Zinc, Zn.....mg	0.24		0		1		0.31	0.42	0.05
Copper, Cu.....mg	0.068		0		1		0.088	0.120	0.015
Manganese, Mn.....mg	0.178		0		1		0.230	0.313	0.039
Selenium, Se.....µg	7.7		0	RK	4		9.9	13.6	1.7
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0		1		0.1	0.2	0.0
Thiamin.....mg	0.189		0		1		0.244	0.333	0.042
Riboflavin.....mg	0.229		0		1		0.295	0.403	0.050
Niacin.....mg	2.113		0		1		2.726	3.719	0.465
Pantothenic acid.....mg	0.305		0		1		0.393	0.537	0.067
Vitamin B-6.....mg	0.052		0		1		0.067	0.092	0.011
Folate, total.....µg	49		0	RK	4		63	86	11
Folic acid.....µg	43		0	NC	4		55	76	9
Folate, food.....µg	6		0		1		8	11	1
Folate, DFE.....mcg_DFE	79		0	NC	4		102	139	17
Choline, total.....mg	22.7		0	RK	4		29.3	40.0	5.0
Betaine.....mg									
Vitamin B-12.....µg	0.09		0		1		0.12	0.16	0.02
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	269		0	NC	4		347	474	59
Retinol.....µg	253		0	RC	4		326	445	56
Carotene, beta.....µg	197		0	RC	4		254	347	43
Carotene, alpha.....µg	0		0	RC	4		0	0	0
Cryptoxanthin, beta.....µg	1		0	RC	4		1	1	0
Vitamin A, IU.....IU	1172		0	NC	4		1512	2063	258
Lycopene.....µg	0		0	RC	4		0	0	0
Lutein + zeaxanthin.....µg	27		0	RC	4		35	48	6
Vitamin E (alpha-tocopherol).....mg	3.06		0	RC	4		3.94	5.38	0.67
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.5		0	RP	4		0.6	0.9	0.1
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	21		0	RP	4		27	36	5
Vitamin K (phylloquinone).....µg	34.0		0	RC	4		43.9	59.9	7.5
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 18401

Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	measures of food				
					Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	7.434		0		1		9.590	13.084	1.635
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.102		0		1		0.132	0.180	0.022
15:0.....g									
16:0.....g	4.453		0		1		5.744	7.837	0.980
17:0.....g									
18:0.....g	2.878		0		1		3.713	5.065	0.633
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	15.647		0		1		20.185	27.539	3.442
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001	0.002	0.000
17:1.....g									
18:1 undifferentiated.....g	15.646		0		1		20.183	27.537	3.442
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	10.682		0		1		13.780	18.800	2.350
18:2 undifferentiated.....g	10.175		0		1		13.126	17.908	2.239
18:3 undifferentiated.....g	0.508		0		1		0.655	0.894	0.112
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	39		0		1		50	69	9
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.050		0		1		0.065	0.088	0.011
Threonine.....g	0.127		0		1		0.164	0.224	0.028
Isoleucine.....g	0.161		0		1		0.208	0.283	0.035
Leucine.....g	0.274		0		1		0.353	0.482	0.060
Lysine.....g	0.178		0		1		0.230	0.313	0.039
Methionine.....g	0.078		0		1		0.101	0.137	0.017
Cystine.....g	0.077		0		1		0.099	0.136	0.017
Phenylalanine.....g	0.178		0		1		0.230	0.313	0.039
Tyrosine.....g	0.122		0		1		0.157	0.215	0.027
Valine.....g	0.184		0		1		0.237	0.324	0.040
Arginine.....g	0.160		0		1		0.206	0.282	0.035
Histidine.....g	0.079		0		1		0.102	0.139	0.017
Alanine.....g	0.137		0		1		0.177	0.241	0.030
Aspartic acid.....g	0.222		0		1		0.286	0.391	0.049
Glutamic acid.....g	0.963		0		1		1.242	1.695	0.212
Glycine.....g	0.119		0		1		0.154	0.209	0.026
Proline.....g	0.328		0		1		0.423	0.577	0.072
Serine.....g	0.213		0		1		0.275	0.375	0.047
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	RC	4		0	0	0
Theobromine.....mg	0		0	RC	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18401

Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 129g: 1 cup

Measure 2 = 176g: 1 crust, single 9"

Measure 3 = 22g: 1 piece (1/8 of 9" crust)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

Pie crust, deep dish, frozen, baked, made with enriched flour

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g									
8:0.....g	0.000	0.000	3	A	1		0.000		
10:0.....g	0.000	0.000	3	A	1		0.000		
12:0.....g	0.000	0.000	3	A	1		0.000		
13:0.....g									
14:0.....g	0.180	0.108	3	A	1		0.364		
15:0.....g	0.000	0.000	3	A	1		0.000		
16:0.....g	4.970	0.640	3	A	1		10.039		
17:0.....g	0.070	0.019	3	A	1		0.141		
18:0.....g	3.480	0.205	3	A	1		7.030		
20:0.....g	0.094	0.020	3	A	1		0.190		
22:0.....g	0.068	0.040	3	A	1		0.138		
24:0.....g									
Fatty acids, total monounsaturated.....g	16.459		0	NC	4		33.246		
14:1.....g	0.000	0.000	3	A	1		0.000		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.276	0.169	3	A	1		0.557		
17:1.....g	0.000	0.000	3	A	1		0.000		
18:1 undifferentiated.....g	16.049	3.664	3	A	1		32.418		
20:1.....g	0.134	0.038	3	A	1		0.271		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.918		0	NC	4		7.915		
18:2 undifferentiated.....g	3.714	0.372	3	A	1		7.503		
18:3 undifferentiated.....g	0.130	0.010	3	AS	1		0.263		
18:3 n-3 c,c,c (ALA).....g	0.130	0.010	3	A	1		0.263		
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.062	0.039	3	A	1		0.126		
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.012	0.012	3	A	1		0.024		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.057		0	A	1		0.114		
Threonine.....g	0.129		0	A	1		0.261		
Isoleucine.....g	0.223		0	A	1		0.451		
Leucine.....g	0.422		0	A	1		0.853		
Lysine.....g	0.112		0	A	1		0.226		
Methionine.....g	0.093		0	A	1		0.188		
Cystine.....g	0.129		0	A	1		0.260		
Phenylalanine.....g	0.276		0	A	1		0.558		
Tyrosine.....g	0.123		0	A	1		0.248		
Valine.....g	0.280		0	A	1		0.565		
Arginine.....g	0.226		0	A	1		0.457		
Histidine.....g	0.106		0	A	1		0.215		
Alanine.....g	0.194		0	A	1		0.391		
Aspartic acid.....g	0.299		0	A	1		0.605		
Glutamic acid.....g	2.062		0	A	1		4.164		
Glycine.....g	0.230		0	A	1		0.464		
Proline.....g	0.799		0	A	1		1.613		
Serine.....g	0.305		0	A	1		0.615		

NDB No. 18947

Pie crust, deep dish, frozen, baked, made with enriched flour

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g	0.000	0.000	3	A	1		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 202g: 1 pie crust (average weight)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

Pie crust, deep dish, frozen, unbaked, made with enriched flour

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g									
8:0.....g	0.000	0.000	3	A	1		0.000		
10:0.....g	0.000	0.000	3	A	1		0.000		
12:0.....g	0.000	0.000	3	A	1		0.000		
13:0.....g									
14:0.....g	0.162	0.095	3	A	1		0.364		
15:0.....g	0.000	0.000	3	A	1		0.000		
16:0.....g	4.515	0.529	3	A	1		10.159		
17:0.....g	0.051	0.028	3	A	1		0.114		
18:0.....g	3.253	0.244	3	A	1		7.319		
20:0.....g	0.087	0.019	3	A	1		0.195		
22:0.....g	0.062	0.036	3	A	1		0.139		
24:0.....g									
Fatty acids, total monounsaturated.....g	14.489		0	NC	4		32.599		
14:1.....g	0.000	0.000	3	A	1		0.000		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.249	0.150	3	A	1		0.560		
17:1.....g	0.000	0.000	3	A	1		0.000		
18:1 undifferentiated.....g	14.119	3.098	3	A	1		31.767		
20:1.....g	0.121	0.034	3	A	1		0.273		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.530		0	NC	4		7.943		
18:2 undifferentiated.....g	3.349	0.322	3	A	1		7.534		
18:3 undifferentiated.....g	0.115	0.008	3	AS	1		0.258		
18:3 n-3 c,c,c (ALA).....g	0.115	0.008	3	A	1		0.258		
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1		0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.056	0.035	3	A	1		0.127		
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.011	0.011	3	A	1		0.024		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.053		0	A	1		0.120		
Threonine.....g	0.112		0	A	1		0.253		
Isoleucine.....g	0.197		0	A	1		0.442		
Leucine.....g	0.383		0	A	1		0.861		
Lysine.....g	0.144		0	A	1		0.325		
Methionine.....g	0.083		0	A	1		0.187		
Cystine.....g	0.111		0	A	1		0.249		
Phenylalanine.....g	0.246		0	A	1		0.554		
Tyrosine.....g	0.103		0	A	1		0.232		
Valine.....g	0.246		0	A	1		0.554		
Arginine.....g	0.196		0	A	1		0.442		
Histidine.....g	0.096		0	A	1		0.217		
Alanine.....g	0.170		0	A	1		0.383		
Aspartic acid.....g	0.263		0	A	1		0.591		
Glutamic acid.....g	1.839		0	A	1		4.139		
Glycine.....g	0.206		0	A	1		0.464		
Proline.....g	0.710		0	A	1		1.598		
Serine.....g	0.272		0	A	1		0.612		

NDB No. 18945

Pie crust, deep dish, frozen, unbaked, made with enriched flour

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g	0.000	0.000	3	A	1		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 225g: 1 pie crust (average weight)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

Pie crust, refrigerated, regular, baked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
6:0.....g									
8:0.....g	0.000		2	A	1		0.000		
10:0.....g	0.000		2	A	1		0.000		
12:0.....g	0.000		2	A	1		0.000		
13:0.....g									
14:0.....g	0.391		2	A	1		0.773		
15:0.....g	0.000		2	A	1		0.000		
16:0.....g	6.563		2	A	1		12.996		
17:0.....g	0.109		2	A	1		0.216		
18:0.....g	3.951		2	A	1		7.824		
20:0.....g	0.073		2	A	1		0.144		
22:0.....g	0.000		2	A	1		0.000		
24:0.....g									
Fatty acids, total monounsaturated.....g	11.815		0	NC	4		23.393		
14:1.....g	0.000		2	A	1		0.000		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.604		2	A	1		1.196		
17:1.....g	0.000		2	A	1		0.000		
18:1 undifferentiated.....g	11.002		2	A	1		21.785		
20:1.....g	0.209		2	A	1		0.413		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.756		0	NC	4		7.437		
18:2 undifferentiated.....g	3.423		2	A	1		6.777		
18:3 undifferentiated.....g	0.148		0	AS	1		0.293		
18:3 n-3 c,c,c (ALA).....g	0.148		2	A	1		0.293		
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.139		2	A	1		0.275		
20:3 undifferentiated.....g	0.000		2	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.047		2	A	1		0.093		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.035		0	A	1		0.069		
Threonine.....g	0.066		0	A	1		0.131		
Isoleucine.....g	0.120		0	A	1		0.238		
Leucine.....g	0.220		0	A	1		0.435		
Lysine.....g	0.070		0	A	1		0.139		
Methionine.....g	0.050		0	A	1		0.098		
Cystine.....g	0.066		0	A	1		0.131		
Phenylalanine.....g	0.145		0	A	1		0.287		
Tyrosine.....g	0.070		0	A	1		0.139		
Valine.....g	0.145		0	A	1		0.287		
Arginine.....g	0.110		0	A	1		0.217		
Histidine.....g	0.060		0	A	1		0.119		
Alanine.....g	0.099		0	A	1		0.197		
Aspartic acid.....g	0.163		0	A	1		0.323		
Glutamic acid.....g	1.094		0	A	1		2.166		
Glycine.....g	0.126		0	A	1		0.250		
Proline.....g	0.440		0	A	1		0.871		
Serine.....g	0.166		0	A	1		0.328		

NDB No. 18946

Pie crust, refrigerated, regular, baked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Hydroxyproline.....g	0.000		2	A	1		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 198g: 1 pie crust

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

Pie crust, refrigerated, regular, unbaked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g									
8:0.....g	0.000		2	A	1		0.000		
10:0.....g	0.000		2	A	1		0.000		
12:0.....g	0.000		2	A	1		0.000		
13:0.....g									
14:0.....g	0.342		2	A	1		0.784		
15:0.....g	0.000		2	A	1		0.000		
16:0.....g	5.683		2	A	1		13.013		
17:0.....g	0.096		2	A	1		0.220		
18:0.....g	3.412		2	A	1		7.813		
20:0.....g	0.063		2	A	1		0.144		
22:0.....g	0.000		2	A	1		0.000		
24:0.....g									
Fatty acids, total monounsaturated.....g	10.206		0	NC	4		23.372		
14:1.....g	0.000		2	A	1		0.000		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.532		2	A	1		1.218		
17:1.....g									
18:1 undifferentiated.....g	9.493		2	A	1		21.739		
20:1.....g	0.181		2	A	1		0.414		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.292		0	NC	4		7.538		
18:2 undifferentiated.....g	2.998		2	A	1		6.865		
18:3 undifferentiated.....g	0.131		0	AS	1		0.300		
18:3 n-3 c,c,c (ALA).....g	0.131		2	A	1		0.300		
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.122		2	A	1		0.278		
20:3 undifferentiated.....g	0.000		2	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.041		2	A	1		0.095		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.025		0	A	1		0.057		
Threonine.....g	0.050		0	A	1		0.114		
Isoleucine.....g	0.100		0	A	1		0.228		
Leucine.....g	0.185		0	A	1		0.423		
Lysine.....g	0.077		0	A	1		0.175		
Methionine.....g	0.039		0	A	1		0.090		
Cystine.....g	0.041		0	A	1		0.094		
Phenylalanine.....g	0.120		0	A	1		0.275		
Tyrosine.....g	0.050		0	A	1		0.114		
Valine.....g	0.125		0	A	1		0.285		
Arginine.....g	0.089		0	A	1		0.204		
Histidine.....g	0.050		0	A	1		0.114		
Alanine.....g	0.085		0	A	1		0.195		
Aspartic acid.....g	0.137		0	A	1		0.313		
Glutamic acid.....g	0.921		0	A	1		2.110		
Glycine.....g	0.106		0	A	1		0.242		
Proline.....g	0.378		0	A	1		0.865		
Serine.....g	0.131		0	A	1		0.299		

NDB No. 18948

Pie crust, refrigerated, regular, unbaked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Hydroxyproline.....g	0.000		2	A	1		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 229g: 1 pie crust (average weight)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18332
Pie crust, standard-type, dry mix

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	7.60	0.302	28		1		2.15	21.58	
Energy.....kcal	518		0	NC	4		147	1471	
Energy.....kJ	2167				4		614	6155	
Protein (N x 5.7).....g	6.90	0.152	30		1		1.96	19.60	
Total lipid (fat).....g	31.40	0.442	34		1		8.90	89.18	
Ash.....g	2.00	0.044	28		1		0.57	5.68	
Carbohydrate, by difference.....g	52.10		0	NC	4		14.77	147.96	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	61	12.445	20		1		17	173	
Iron, Fe.....mg	2.22	0.094	20		1		0.63	6.30	
Magnesium, Mg.....mg	15	1.364	15		1		4	43	
Phosphorus, P.....mg	86	6.061	21		1		24	244	
Potassium, K.....mg	64	2.769	8		1		18	182	
Sodium, Na.....mg	753	22.024	16		1		213	2139	
Zinc, Zn.....mg	0.40	0.049	10		1		0.11	1.14	
Copper, Cu.....mg	0.075	0.007	10		1		0.021	0.213	
Manganese, Mn.....mg	0.315		2		1		0.089	0.895	
Selenium, Se.....µg	22.9		0	FLA	4		6.5	65.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.392	0.010	20		1		0.111	1.113	
Riboflavin.....mg	0.213	0.017	20		1		0.060	0.605	
Niacin.....mg	2.727	0.099	20		1		0.773	7.745	
Pantothenic acid.....mg	0.268	0.087	3		1		0.076	0.761	
Vitamin B-6.....mg	0.064		2		1		0.018	0.182	
Folate, total.....µg	104		0	FLA	4		29	295	
Folic acid.....µg	86		0	NC	4		24	244	
Folate, food.....µg	18		0		4		5	51	
Folate, DFE.....mcg_DFE	164		0	NC	4		47	466	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		1		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	7.974		0	FLA	4		2.261	22.646	
4:0.....g	0.000		0	FLA	4		0.000	0.000	

NDB No. 18332

Pie crust, standard-type, dry mix

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.154		0	FLA	4		0.044	0.437	
15:0.....g									
16:0.....g	4.096		0	FLA	4		1.161	11.633	
17:0.....g									
18:0.....g	3.724		0	FLA	4		1.056	10.576	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	17.887		0	FLA	4		5.071	50.799	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	17.887		0	FLA	4		5.071	50.799	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.968		0	FLA	4		1.125	11.269	
18:2 undifferentiated.....g	3.768		0	FLA	4		1.068	10.701	
18:3 undifferentiated.....g	0.199		0	FLA	4		0.056	0.565	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.080		0		1		0.023	0.227	
Threonine.....g	0.184		0		1		0.052	0.523	
Isoleucine.....g	0.255		0		1		0.072	0.724	
Leucine.....g	0.476		0		1		0.135	1.352	
Lysine.....g	0.133		0		1		0.038	0.378	
Methionine.....g	0.121		0		1		0.034	0.344	
Cystine.....g	0.155		0		1		0.044	0.440	
Phenylalanine.....g	0.339		0		1		0.096	0.963	
Tyrosine.....g	0.188		0		1		0.053	0.534	
Valine.....g	0.289		0		1		0.082	0.821	
Arginine.....g	0.239		0		1		0.068	0.679	
Histidine.....g	0.146		0		1		0.041	0.415	
Alanine.....g	0.210		0		1		0.060	0.596	
Aspartic acid.....g	0.278		0		1		0.079	0.790	
Glutamic acid.....g	2.412		0		1		0.684	6.850	
Glycine.....g	0.236		0		1		0.067	0.670	
Proline.....g	0.809		0		1		0.229	2.298	
Serine.....g	0.333		0		1		0.094	0.946	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18332

Pie crust, standard-type, dry mix

Measure 2 = 284g: 1 package (10 oz)

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18333

Pie crust, standard-type, dry mix, prepared, baked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
6:0.....g							
8:0.....g							
10:0.....g							
12:0.....g							
13:0.....g							
14:0.....g	0.149		0	1	0.238	0.030	
15:0.....g							
16:0.....g	3.963		0	1	6.341	0.793	
17:0.....g							
18:0.....g	3.599		0	1	5.758	0.720	
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	17.289		0	1	27.662	3.458	
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g							
17:1.....g							
18:1 undifferentiated.....g	17.289		0	1	27.662	3.458	
20:1.....g							
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	3.847		0	1	6.155	0.769	
18:2 undifferentiated.....g	3.654		0	1	5.846	0.731	
18:3 undifferentiated.....g	0.193		0	1	0.309	0.039	
18:4.....g							
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g							
20:5 n-3 (EPA).....g							
22:5 n-3 (DPA).....g							
22:6 n-3 (DHA).....g							
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0	1	0	0	
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.077		0	1	0.123	0.015	
Threonine.....g	0.178		0	1	0.285	0.036	
Isoleucine.....g	0.247		0	1	0.395	0.049	
Leucine.....g	0.460		0	1	0.736	0.092	
Lysine.....g	0.129		0	1	0.206	0.026	
Methionine.....g	0.117		0	1	0.187	0.023	
Cystine.....g	0.150		0	1	0.240	0.030	
Phenylalanine.....g	0.328		0	1	0.525	0.066	
Tyrosine.....g	0.182		0	1	0.291	0.036	
Valine.....g	0.279		0	1	0.446	0.056	
Arginine.....g	0.231		0	1	0.370	0.046	
Histidine.....g	0.141		0	1	0.226	0.028	
Alanine.....g	0.203		0	1	0.325	0.041	
Aspartic acid.....g	0.269		0	1	0.430	0.054	
Glutamic acid.....g	2.333		0	1	3.733	0.467	
Glycine.....g	0.228		0	1	0.365	0.046	
Proline.....g	0.783		0	1	1.253	0.157	
Serine.....g	0.322		0	1	0.515	0.064	
Hydroxyproline.....g							

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 160g: 1 crust, single 9"

NDB No. 18333

Pie crust, standard-type, dry mix, prepared, baked

Measure 2 = 20g: 1 piece (1/8 of 9" crust)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18334

Pie crust, standard-type, frozen, ready-to-bake, enriched

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	17.82		2	A	1		30.84		
Energy.....kcal	457		0	NC	4		790		
Energy.....kJ	1910		0	NC	4		3305		
Protein (N x 5.7).....g	6.16		2	A	1		10.65		
Total lipid (fat).....g	26.07		2	A	1		45.10		
Ash.....g	1.33		2	A	1		2.30		
Carbohydrate, by difference.....g	48.62		0	NC	4		84.11		
Fiber, total dietary.....g	2.5		2	A	1		4.3		
Sugars, total.....g									
Starch.....g	44.10		2	A	1		76.29		
Minerals:									
Calcium, Ca.....mg	19		2	A	1		32		
Iron, Fe.....mg	2.60		2	A	1		4.49		
Magnesium, Mg.....mg	15		2	A	1		26		
Phosphorus, P.....mg	72		2	A	1		125		
Potassium, K.....mg	97		2	A	1		168		
Sodium, Na.....mg	409		2	A	1		708		
Zinc, Zn.....mg	0.45		2	A	1		0.78		
Copper, Cu.....mg	0.075		2	A	1		0.130		
Manganese, Mn.....mg	0.442		2	A	1		0.765		
Selenium, Se.....µg	5.7		2	A	1		9.8		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.275		2	A	1		0.476		
Riboflavin.....mg	0.170		2	A	1		0.294		
Niacin.....mg	2.700		2	A	1		4.671		
Pantothenic acid.....mg	0.405		2	A	1		0.701		
Vitamin B-6.....mg	0.050		2	A	1		0.087		
Folate, total.....µg	70		2	A	1		121		
Folic acid.....µg	46		2	A	1		79		
Folate, food.....µg	25		0	AS	1		42		
Folate, DFE.....mcg_DFE	102		0	NC	4		176		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		2	A	1		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	0		0	FLA	4		0		
Carotene, alpha.....µg	0		0	FLA	4		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	1		0	FLA	4		2		
Lycopene.....µg	0		0	FLA	4		0		
Lutein + zeaxanthin.....µg	1		0	FLA	4		2		
Vitamin E (alpha-tocopherol).....mg	0.46		2	A	1		0.79		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.07		2	A	1		0.13		
Tocopherol, gamma.....mg	4.51		2	A	1		7.80		
Tocopherol, delta.....mg	1.50		2	A	1		2.60		
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	7.3		0	FLA	4		12.6		
Dihydrophyloquinone.....µg	30.9		2	A	1		53.5		
Menaquinone-4.....µg	1.8		2	A	1		3.1		
Lipids:									
Fatty acids, total saturated.....g	8.159		0	NC	4		14.115		

NDB No. 18334

Pie crust, standard-type, frozen, ready-to-bake, enriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0.....g	0.001		0	FLA	4		0.002		
6:0.....g	0.000		0	FLA	4		0.000		
8:0.....g	0.000		2	A	1		0.000		
10:0.....g	0.000		2	A	1		0.000		
12:0.....g	0.000		2	A	1		0.000		
13:0.....g									
14:0.....g	0.232		2	A	1		0.402		
15:0.....g	0.000		2	A	1		0.000		
16:0.....g	4.705		2	A	1		8.140		
17:0.....g	0.075		2	A	1		0.130		
18:0.....g	3.044		2	A	1		5.265		
20:0.....g	0.070		2	A	1		0.121		
22:0.....g	0.033		2	A	1		0.057		
24:0.....g									
Fatty acids, total monounsaturated.....g	12.167		0	NC	4		21.050		
14:1.....g	0.000		2	A	1		0.000		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.357		2	A	1		0.618		
17:1.....g	0.000		2	A	1		0.000		
18:1 undifferentiated.....g	11.676		2	A	1		20.199		
20:1.....g	0.134		2	A	1		0.233		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.176		0	NC	4		5.495		
18:2 undifferentiated.....g	2.957		2	A	1		5.116		
18:3 undifferentiated.....g	0.122		0	AS	1		0.212		
18:3 n-3 c,c,c (ALA).....g	0.122		2	A	1		0.212		
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.078		2	A	1		0.136		
20:3 undifferentiated.....g	0.000		2	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.018		2	A	1		0.031		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.055		0	A	1		0.095		
Threonine.....g	0.115		0	A	1		0.198		
Isoleucine.....g	0.216		0	A	1		0.373		
Leucine.....g	0.407		0	A	1		0.704		
Lysine.....g	0.167		0	A	1		0.290		
Methionine.....g	0.091		0	A	1		0.157		
Cystine.....g	0.112		0	A	1		0.195		
Phenylalanine.....g	0.255		0	A	1		0.442		
Tyrosine.....g	0.116		0	A	1		0.200		
Valine.....g	0.266		0	A	1		0.461		
Arginine.....g	0.211		0	A	1		0.366		
Histidine.....g	0.100		0	A	1		0.173		
Alanine.....g	0.187		0	A	1		0.323		
Aspartic acid.....g	0.265		0	A	1		0.459		
Glutamic acid.....g	1.900		0	A	1		3.287		
Glycine.....g	0.216		0	A	1		0.373		
Proline.....g	0.790		0	A	1		1.367		

NDB No. 18334

Pie crust, standard-type, frozen, ready-to-bake, enriched

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Serine.....g	0.279		0	A	1		0.482		
Hydroxyproline.....g	0.000		2	A	1		0.000		
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 173g: 1 pie crust (average weight of 1 frozen crust)

Calories Factors: Protein 4.1

Fat 8.9

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18335

Pie crust, standard-type, frozen, ready-to-bake, enriched, baked

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	7.18		2	A	1		11.06		
Energy.....kcal	508		0	NC	4		783		
Energy.....kJ	2127		0	NC	4		3275		
Protein (N x 0).....g	6.50		2	A	1		10.01		
Total lipid (fat).....g	28.59		2	A	1		44.04		
Ash.....g	1.49		2	A	1		2.29		
Carbohydrate, by difference.....g	56.24		0	NC	4		86.60		
Fiber, total dietary.....g	3.3		2	A	1		5.1		
Sugars, total.....g	4.23		0	RK	4		6.51		
Starch.....g	48.30		2	A	1		74.38		
Minerals:									
Calcium, Ca.....mg	21		2	A	1		32		
Iron, Fe.....mg	2.80		2	A	1		4.31		
Magnesium, Mg.....mg	17		2	A	1		26		
Phosphorus, P.....mg	82		2	A	1		127		
Potassium, K.....mg	114		2	A	1		176		
Sodium, Na.....mg	467		2	A	1		718		
Zinc, Zn.....mg	0.51		0	BFSN	4		0.79		
Copper, Cu.....mg	0.097		2	A	1		0.149		
Manganese, Mn.....mg									
Selenium, Se.....µg	6.8		2	A	1		10.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.300		2	A	1		0.462		
Riboflavin.....mg	0.155		2	A	1		0.239		
Niacin.....mg	3.450		2	A	1		5.313		
Pantothenic acid.....mg	0.455		2	A	1		0.701		
Vitamin B-6.....mg	0.045		2	A	1		0.069		
Folate, total.....µg	68		2	A	1		104		
Folic acid.....µg	49		2	A	1		75		
Folate, food.....µg	19		0	AS	1		28		
Folate, DFE.....mcg_DFE	102		0	NC	4		157		
Choline, total.....mg	13.4		0	AS	1		20.7		
Betaine.....mg	42.0		1	A	1		64.7		
Vitamin B-12.....µg	0.00		2	A	1		0.00		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....µg	0		0	RK	4		0		
Carotene, beta.....µg	0		0	RK	4		0		
Carotene, alpha.....µg	0		0	NR	4		0		
Cryptoxanthin, beta.....µg	0		0	RK	4		0		
Vitamin A, IU.....IU	0		0	NC	4		0		
Lycopene.....µg	0		0	RK	4		0		
Lutein + zeaxanthin.....µg	1		0	RK	4		2		
Vitamin E (alpha-tocopherol).....mg	0.54		2	A	1		0.84		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.09		2	A	1		0.13		
Tocopherol, gamma.....mg	5.31		2	A	1		8.19		
Tocopherol, delta.....mg	1.64		2	A	1		2.52		
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	7.8		2	A	1		12.0		
Dihydrophylloquinone.....µg	34.1		2	A	1		52.5		
Menquinone-4.....µg	2.0		2	A	1		3.0		
Lipids:									

NDB No. 18335

Pie crust, standard-type, frozen, ready-to-bake, enriched, baked

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	9.277		0	NC	4		14.286		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		2	A	1		0.000		
10:0.....g	0.000		2	A	1		0.000		
12:0.....g	0.000		2	A	1		0.000		
13:0.....g									
14:0.....g	0.269		2	A	1		0.413		
15:0.....g	0.000		2	A	1		0.000		
16:0.....g	5.375		2	A	1		8.277		
17:0.....g	0.085		2	A	1		0.131		
18:0.....g	3.437		2	A	1		5.292		
20:0.....g	0.077		2	A	1		0.118		
22:0.....g	0.036		2	A	1		0.055		
24:0.....g									
Fatty acids, total monounsaturated.....g	13.562		0	NC	4		20.885		
14:1.....g	0.000		2	A	1		0.000		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.409		2	A	1		0.629		
17:1.....g	0.000		2	A	1		0.000		
18:1 undifferentiated.....g	12.996		2	A	1		20.015		
20:1.....g	0.157		2	A	1		0.242		
22:1 undifferentiated.....g	0.000		0	RK	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.568		0	NC	4		5.495		
18:2 undifferentiated.....g	3.321		2	A	1		5.115		
18:3 undifferentiated.....g	0.138		0	AS	1		0.212		
18:3 n-3 c,c,c (ALA).....g	0.138		2	A	1		0.212		
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0	RK	4		0.000		
20:2 n-6 c,c.....g	0.089		2	A	1		0.137		
20:3 undifferentiated.....g	0.000		2	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.020		2	A	1		0.031		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0	RK	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RK	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	RK	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.065		0	A	1		0.100		
Threonine.....g	0.129		0	A	1		0.199		
Isoleucine.....g	0.230		0	A	1		0.354		
Leucine.....g	0.460		0	A	1		0.708		
Lysine.....g	0.141		0	A	1		0.217		
Methionine.....g	0.105		0	A	1		0.162		
Cystine.....g	0.134		0	A	1		0.206		
Phenylalanine.....g	0.294		0	A	1		0.453		
Tyrosine.....g	0.145		0	A	1		0.223		
Valine.....g	0.290		0	A	1		0.446		
Arginine.....g	0.235		0	A	1		0.362		
Histidine.....g	0.114		0	A	1		0.176		
Alanine.....g	0.200		0	A	1		0.308		
Aspartic acid.....g	0.304		0	A	1		0.468		
Glutamic acid.....g	2.158		0	A	1		3.324		
Glycine.....g	0.244		0	A	1		0.376		

NDB No. 18335

Pie crust, standard-type, frozen, ready-to-bake, enriched, baked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Deriv	Source	Measure 1	Measure 2	Measure 3
			of Data	Code	Confidence			
			Points	Code	Code			
Proline.....g	0.798		0	A	1	1.230		
Serine.....g	0.329		0	A	1	0.506		
Hydroxyproline.....g	0.000		2	A	1	0.000		
Others:								
Alcohol, ethyl.....g	0.0		0	RK	4	0.0		
Caffeine.....mg	0		0	RK	4	0		
Theobromine.....mg	0		0	RK	4	0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 154g: 1 pie crust (average weight of 1 baked crust)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18446

Pie crust, standard-type, frozen, ready-to-bake, unenriched

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	21.00	0.166	7		1		29.82	3.36	
Energy.....kcal	457		0	NC	4		649	73	
Energy.....kJ	1912				4		2715	306	
Protein (N x 5.7).....g	3.90	0.505	7		1		5.54	0.62	
Total lipid (fat).....g	29.20	0.270	4		1		41.46	4.67	
Ash.....g	1.80	0.274	7		1		2.56	0.29	
Carbohydrate, by difference.....g	44.10		0		4		62.62	7.06	
Fiber, total dietary.....g	0.9		0		4		1.3	0.1	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	18	5.004	7		1		26	3	
Iron, Fe.....mg	0.38		0		4		0.54	0.06	
Magnesium, Mg.....mg	16	4.416	7		1		23	3	
Phosphorus, P.....mg	53	7.776	7		1		75	8	
Potassium, K.....mg	98	18.739	7		1		139	16	
Sodium, Na.....mg	576	60.193	7		1		818	92	
Zinc, Zn.....mg	0.30	0.055	7		1		0.43	0.05	
Copper, Cu.....mg	0.068	0.017	7		1		0.097	0.011	
Manganese, Mn.....mg	0.547	0.065	3		1		0.777	0.088	
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.050		0		4		0.071	0.008	
Riboflavin.....mg	0.010		0		4		0.014	0.002	
Niacin.....mg	0.550		0		4		0.781	0.088	
Pantothenic acid.....mg	0.231	0.036	6		1		0.328	0.037	
Vitamin B-6.....mg	0.071	0.005	3		1		0.101	0.011	
Folate, total.....µg	10		0		4		14	2	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	10		0		4		14	2	
Folate, DFE.....mcg_DFE	10		0	NC	4		14	2	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.03		0	BFZN	4		0.04	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	4.357		0	BFZN	4		6.187	0.697	
4:0.....g	0.001		0	BFZN	4		0.001	0.000	

NDB No. 18446

Pie crust, standard-type, frozen, ready-to-bake, unenriched

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g									
8:0.....g									
10:0.....g	0.000		0	BFZN	4	0.000	0.000		
12:0.....g	0.000		0	BFZN	4	0.000	0.000		
13:0.....g									
14:0.....g	0.031		0	BFZN	4	0.044	0.005		
15:0.....g									
16:0.....g	2.878		0	BFZN	4	4.087	0.460		
17:0.....g									
18:0.....g	1.443		0	BFZN	4	2.049	0.231		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	12.414		0	BFZN	4	17.628	1.986		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.117		0	BFZN	4	0.166	0.019		
17:1.....g									
18:1 undifferentiated.....g	12.273		0	BFZN	4	17.428	1.964		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	11.000		0	BFZN	4	15.620	1.760		
18:2 undifferentiated.....g	10.212		0	BFZN	4	14.501	1.634		
18:3 undifferentiated.....g	0.759		0	BFZN	4	1.078	0.121		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4	0	0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.056		0		4	0.080	0.009		
Threonine.....g	0.112		0		4	0.159	0.018		
Isoleucine.....g	0.150		0		4	0.213	0.024		
Leucine.....g	0.267		0		4	0.379	0.043		
Lysine.....g	0.140		0		4	0.199	0.022		
Methionine.....g	0.065		0		4	0.092	0.010		
Cystine.....g	0.085		0		4	0.121	0.014		
Phenylalanine.....g	0.182		0		4	0.258	0.029		
Tyrosine.....g	0.111		0		4	0.158	0.018		
Valine.....g	0.172		0		4	0.244	0.028		
Arginine.....g	0.148		0		4	0.210	0.024		
Histidine.....g	0.079		0		4	0.112	0.013		
Alanine.....g	0.119		0		4	0.169	0.019		
Aspartic acid.....g	0.169		0		4	0.240	0.027		
Glutamic acid.....g	1.266		0		4	1.798	0.203		
Glycine.....g	0.131		0		4	0.186	0.021		
Proline.....g	0.427		0		4	0.606	0.068		
Serine.....g	0.205		0		4	0.291	0.033		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 142g: 1 crust, single 9"

NDB No. 18446

Pie crust, standard-type, frozen, ready-to-bake, unenriched

Measure 2 = 16g: 1 piece (1/8 of 9" crust)

Calories Factors: Protein 4.1

Fat 8.9

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18336

Pie crust, standard-type, prepared from recipe, baked

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	9.80		0		1		17.64	2.25	
Energy.....kcal	527		0	NC	4		949	121	
Energy.....kJ	2205		0		4		3969	507	
Protein (N x 0).....g	6.40		0		1		11.52	1.47	
Total lipid (fat).....g	34.60		0		1		62.28	7.96	
Ash.....g	1.70		0		1		3.06	0.39	
Carbohydrate, by difference.....g	47.50		0	NC	4		85.50	10.93	
Fiber, total dietary.....g	1.7		0		4		3.0	0.4	
Sugars, total.....g	0.17		0	RA	4		0.30	0.04	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	10		0		1		18	2	
Iron, Fe.....mg	2.89		0		1		5.20	0.66	
Magnesium, Mg.....mg	14		0		1		25	3	
Phosphorus, P.....mg	67		0		1		121	15	
Potassium, K.....mg	67		0		1		121	15	
Sodium, Na.....mg	542		0		1		976	125	
Zinc, Zn.....mg	0.44		0		1		0.79	0.10	
Copper, Cu.....mg	0.091		0		1		0.164	0.021	
Manganese, Mn.....mg	0.430		0		1		0.774	0.099	
Selenium, Se.....µg	21.1		0	RK	4		38.0	4.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.391		0		1		0.704	0.090	
Riboflavin.....mg	0.277		0		1		0.499	0.064	
Niacin.....mg	3.307		0		1		5.953	0.761	
Pantothenic acid.....mg	0.177		0		1		0.319	0.041	
Vitamin B-6.....mg	0.025		0		1		0.045	0.006	
Folate, total.....µg	67		0	RK	4		121	15	
Folic acid.....µg	56		0	NC	4		101	13	
Folate, food.....µg	11		0		1		20	3	
Folate, DFE.....mcg_DFE	106		0	NC	4		191	24	
Choline, total.....mg	6.2		0	RA	4		11.2	1.4	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	RA	4		0	0	
Carotene, beta.....µg	0		0	Z	7		0	0	
Carotene, alpha.....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	0		0		1		0	0	
Lycopene.....µg	0		0	RA	4		0	0	
Lutein + zeaxanthin.....µg	10		0	RA	4		18	2	
Vitamin E (alpha-tocopherol).....mg	0.31		0	RA	4		0.56	0.07	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	14.8		0	RA	4		26.7	3.4	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	8.622		0		1		15.520	1.983	
4:0.....g	0.000		0		1		0.000	0.000	

Pie crust, standard-type, prepared from recipe, baked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.136		0		1		0.245	0.031	
15:0.....g									
16:0.....g	4.882		0		1		8.788	1.123	
17:0.....g									
18:0.....g	3.605		0		1		6.489	0.829	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	15.169		0		1		27.304	3.489	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	15.169		0		1		27.304	3.489	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	9.122		0		1		16.420	2.098	
18:2 undifferentiated.....g	8.565		0		1		15.417	1.970	
18:3 undifferentiated.....g	0.557		0		1		1.003	0.128	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.079		0		1		0.142	0.018	
Threonine.....g	0.175		0		1		0.315	0.040	
Isoleucine.....g	0.222		0		1		0.400	0.051	
Leucine.....g	0.442		0		1		0.796	0.102	
Lysine.....g	0.142		0		1		0.256	0.033	
Methionine.....g	0.114		0		1		0.205	0.026	
Cystine.....g	0.136		0		1		0.245	0.031	
Phenylalanine.....g	0.324		0		1		0.583	0.075	
Tyrosine.....g	0.194		0		1		0.349	0.045	
Valine.....g	0.258		0		1		0.464	0.059	
Arginine.....g	0.259		0		1		0.466	0.060	
Histidine.....g	0.143		0		1		0.257	0.033	
Alanine.....g	0.206		0		1		0.371	0.047	
Aspartic acid.....g	0.271		0		1		0.488	0.062	
Glutamic acid.....g	2.165		0		1		3.897	0.498	
Glycine.....g	0.231		0		1		0.416	0.053	
Proline.....g	0.745		0		1		1.341	0.171	
Serine.....g	0.321		0		1		0.578	0.074	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18336

Pie crust, standard-type, prepared from recipe, baked

Common Measures:

Measure 1 = 180g: 1 crust, single 9"

Measure 2 = 23g: 1 piece (1/8 of 9" crust)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18402

Pie crust, standard-type, prepared from recipe, unbaked

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	19.70		0		1		38.22	4.73	
Energy.....kcal	469		0	NC	4		910	113	
Energy.....kJ	1962		0		4		3807	471	
Protein (N x 0).....g	5.70		0		1		11.06	1.37	
Total lipid (fat).....g	30.80		0		1		59.75	7.39	
Ash.....g	1.50		0		1		2.91	0.36	
Carbohydrate, by difference.....g	42.30		0	NC	4		82.06	10.15	
Fiber, total dietary.....g	3.4		0		4		6.6	0.8	
Sugars, total.....g	0.15		0	RC	4		0.29	0.04	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	9		0		1		17	2	
Iron, Fe.....mg	2.57		0		1		4.99	0.62	
Magnesium, Mg.....mg	12		0		1		23	3	
Phosphorus, P.....mg	60		0		1		116	14	
Potassium, K.....mg	59		0		1		114	14	
Sodium, Na.....mg	482		0		1		935	116	
Zinc, Zn.....mg	0.39		0		1		0.76	0.09	
Copper, Cu.....mg	0.081		0		1		0.157	0.019	
Manganese, Mn.....mg	0.383		0		1		0.743	0.092	
Selenium, Se.....µg	18.8		0	RK	4		36.5	4.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.348		0		1		0.675	0.084	
Riboflavin.....mg	0.246		0		1		0.477	0.059	
Niacin.....mg	2.943		0		1		5.709	0.706	
Pantothenic acid.....mg	0.158		0		1		0.307	0.038	
Vitamin B-6.....mg	0.022		0		1		0.043	0.005	
Folate, total.....µg	71		0	RC	4		138	17	
Folic acid.....µg	61		0		4		118	15	
Folate, food.....µg	10		0		1		19	2	
Folate, DFE.....mcg_DFE	114		0	NC	4		221	27	
Choline, total.....mg	5.8		0	RK	4		11.3	1.4	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	RC	4		0	0	
Carotene, beta.....µg	0		0	Z	7		0	0	
Carotene, alpha.....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	0		0		1		0	0	
Lycopene.....µg	0		0	RC	4		0	0	
Lutein + zeaxanthin.....µg	9		0	RC	4		18	2	
Vitamin E (alpha-tocopherol).....mg	0.28		0	RC	4		0.53	0.07	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	13.2		0	RC	4		25.6	3.2	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Pie crust, standard-type, prepared from recipe, unbaked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	7.674		0		1		14.888	1.842	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.121		0		1		0.235	0.029	
15:0.....g									
16:0.....g	4.345		0		1		8.429	1.043	
17:0.....g									
18:0.....g	3.208		0		1		6.224	0.770	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	13.500		0		1		26.190	3.240	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	13.500		0		1		26.190	3.240	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	8.119		0		1		15.751	1.949	
18:2 undifferentiated.....g	7.623		0		1		14.789	1.830	
18:3 undifferentiated.....g	0.496		0		1		0.962	0.119	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.070		0		1		0.136	0.017	
Threonine.....g	0.156		0		1		0.303	0.037	
Isoleucine.....g	0.198		0		1		0.384	0.048	
Leucine.....g	0.393		0		1		0.762	0.094	
Lysine.....g	0.126		0		1		0.244	0.030	
Methionine.....g	0.101		0		1		0.196	0.024	
Cystine.....g	0.121		0		1		0.235	0.029	
Phenylalanine.....g	0.288		0		1		0.559	0.069	
Tyrosine.....g	0.173		0		1		0.336	0.042	
Valine.....g	0.230		0		1		0.446	0.055	
Arginine.....g	0.231		0		1		0.448	0.055	
Histidine.....g	0.127		0		1		0.246	0.030	
Alanine.....g	0.184		0		1		0.357	0.044	
Aspartic acid.....g	0.241		0		1		0.468	0.058	
Glutamic acid.....g	1.927		0		1		3.738	0.462	
Glycine.....g	0.206		0		1		0.400	0.049	
Proline.....g	0.663		0		1		1.286	0.159	
Serine.....g	0.286		0		1		0.555	0.069	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	RC	4		0	0	
Theobromine.....mg	0		0	RC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18402

Pie crust, standard-type, prepared from recipe, unbaked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Measure 1	Measure 2	Measure 3
			of Data	Code	Code			
		Points	Code	Code				

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 194g: 1 crust, single 9"

Measure 2 = 24g: 1 piece (1/8 of 9" crust)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18944

Pie, Dutch Apple, Commercially Prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 131g: .125 pie 1 pie (1/8 of 9" pie)

Measure 2 = 137g: 1 slice

Measure 3 = 1137g: 1 pie

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18301

Pie, apple, commercially prepared, enriched flour

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	52.20	1.308	21				14.80	65.25	61.07
Energy.....kcal	237		0	NC	4		67	296	277
Energy.....kJ	992		0	NC	4		281	1240	1160
Protein (N x 5.7).....g	1.90	0.103	17		1		0.54	2.38	2.22
Total lipid (fat).....g	11.00	0.514	21		1		3.12	13.75	12.87
Ash.....g	0.90	0.097	23		1		0.26	1.13	1.05
Carbohydrate, by difference.....g	34.00		0	NC	4		9.64	42.50	39.78
Fiber, total dietary.....g	1.6		0		1		0.5	2.0	1.9
Sugars, total.....g	15.65		0	FLC	4		4.44	19.56	18.30
Starch.....g									
Minerals:									
Calcium, Ca.....mg	11	0.328	40		1		3	14	13
Iron, Fe.....mg	0.45	0.029	36		1		0.13	0.56	0.53
Magnesium, Mg.....mg	7	0.289	36		1		2	9	8
Phosphorus, P.....mg	24	0.530	35		1		7	30	28
Potassium, K.....mg	65	1.999	39		1		18	81	76
Sodium, Na.....mg	201		0	LC	8		57	251	235
Zinc, Zn.....mg	0.16	0.008	36		1		0.05	0.20	0.19
Copper, Cu.....mg	0.046	0.002	36		1		0.013	0.058	0.054
Manganese, Mn.....mg	0.182	0.006	36		1		0.052	0.228	0.213
Selenium, Se.....µg	1.0	0.374	13	A	1		0.3	1.3	1.2
Vitamins:									
Vitamin C, total ascorbic acid.....mg	3.2	0.680	15		1		0.9	4.0	3.7
Thiamin.....mg	0.028	0.006	16		1		0.008	0.035	0.033
Riboflavin.....mg	0.027	0.003	15		1		0.008	0.034	0.032
Niacin.....mg	0.263	0.053	15		1		0.075	0.329	0.308
Pantothenic acid.....mg	0.119	0.008	5		1		0.034	0.149	0.139
Vitamin B-6.....mg	0.038	0.004	5		1		0.011	0.048	0.044
Folate, total.....µg	27		0	FLC	4		8	34	32
Folic acid.....µg	23		0		4		7	29	27
Folate, food.....µg	4	0.246	11		1		1	5	5
Folate, DFE.....mcg_DFE	43		0	NC	4		12	54	50
Choline, total.....mg	7.2		0	AS	1		2.0	9.0	8.4
Betaine.....mg	16.4		1	A	1		4.6	20.5	19.2
Vitamin B-12.....µg	0.01		0	FLA	4		0.00	0.01	0.01
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	32		0	NC	4		9	41	38
Retinol.....µg	31		0	FLC	4		9	39	37
Carotene, beta.....µg	9		0	FLC	4		3	11	11
Carotene, alpha.....µg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta.....µg	6		0	FLC	4		2	7	7
Vitamin A, IU.....IU	124	24.922	7		1		35	155	145
Lycopene.....µg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin.....µg	9		0	FLC	4		3	12	11
Vitamin E (alpha-tocopherol).....mg	1.52		0	FLC	4		0.43	1.90	1.78
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	3.5		0	FLC	4		1.0	4.3	4.1
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	3.797		0	FLA	4		1.076	4.746	4.442
4:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
12:0.....g	0.021		0	FLA	4		0.006	0.026	0.025
13:0.....g									
14:0.....g	0.126		0	FLA	4		0.036	0.158	0.147
15:0.....g									
16:0.....g	2.062		0	FLA	4		0.585	2.578	2.413
17:0.....g									
18:0.....g	1.534		0	FLA	4		0.435	1.918	1.795
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.388		0	FLA	4		1.244	5.485	5.134
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.146		0	FLA	4		0.041	0.183	0.171
17:1.....g									
18:1 undifferentiated.....g	4.109		0	FLA	4		1.165	5.136	4.808
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.198		0	FLA	4		0.623	2.748	2.572
18:2 undifferentiated.....g	2.066		0	FLA	4		0.586	2.583	2.417
18:3 undifferentiated.....g	0.123		0	FLA	4		0.035	0.154	0.144
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.026		0		1		0.007	0.033	0.030
Threonine.....g	0.054		0		1		0.015	0.068	0.063
Isoleucine.....g	0.073		0		1		0.021	0.091	0.085
Leucine.....g	0.129		0		1		0.037	0.161	0.151
Lysine.....g	0.070		0		1		0.020	0.088	0.082
Methionine.....g	0.032		0		1		0.009	0.040	0.037
Cystine.....g	0.040		0		1		0.011	0.050	0.047
Phenylalanine.....g	0.088		0		1		0.025	0.110	0.103
Tyrosine.....g	0.054		0		1		0.015	0.068	0.063
Valine.....g	0.084		0		1		0.024	0.105	0.098
Arginine.....g	0.074		0		1		0.021	0.093	0.087
Histidine.....g	0.038		0		1		0.011	0.048	0.044
Alanine.....g	0.060		0		1		0.017	0.075	0.070
Aspartic acid.....g	0.095		0		1		0.027	0.119	0.111
Glutamic acid.....g	0.587		0		1		0.166	0.734	0.687
Glycine.....g	0.065		0		1		0.018	0.081	0.076
Proline.....g	0.199		0		1		0.056	0.249	0.233
Serine.....g	0.099		0		1		0.028	0.124	0.116
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0	0
Theobromine.....mg	0		0	FLC	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18301

Pie, apple, commercially prepared, enriched flour

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 125g: 1 piece (1/8 of 9" dia)

Measure 3 = 117g: 1 piece (1/6 of 8" pie)

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18443

Pie, apple, commercially prepared, unenriched flour

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	52.20	1.308	21		1		14.80	65.25	61.07
Energy.....kcal	237		0	NC	4		67	296	277
Energy.....kJ	992				4		281	1240	1160
Protein (N x 5.7).....g	1.90	0.103	17		1		0.54	2.38	2.22
Total lipid (fat).....g	11.00	0.514	21		1		3.12	13.75	12.87
Ash.....g	0.90	0.097	23		1		0.26	1.13	1.05
Carbohydrate, by difference.....g	34.00		0		4		9.64	42.50	39.78
Fiber, total dietary.....g	1.6		0	BFZN	4		0.5	2.0	1.9
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	11	0.328	40		1		3	14	13
Iron, Fe.....mg	1.21		0		4		0.34	1.51	1.42
Magnesium, Mg.....mg	7	0.289	36		1		2	9	8
Phosphorus, P.....mg	24	0.530	35		1		7	30	28
Potassium, K.....mg	65	1.999	39		1		18	81	76
Sodium, Na.....mg	266	7.937	41		1		75	333	311
Zinc, Zn.....mg	0.16	0.008	36		1		0.05	0.20	0.19
Copper, Cu.....mg	0.046	0.002	36		1		0.013	0.058	0.054
Manganese, Mn.....mg	0.182	0.006	36		1		0.052	0.228	0.213
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	3.2	0.680	15		1		0.9	4.0	3.7
Thiamin.....mg	0.134		0		4		0.038	0.168	0.157
Riboflavin.....mg	0.158		0		4		0.045	0.198	0.185
Niacin.....mg	1.123		0		4		0.318	1.404	1.314
Pantothenic acid.....mg	0.119	0.008	5		1		0.034	0.149	0.139
Vitamin B-6.....mg	0.038	0.004	5		1		0.011	0.048	0.044
Folate, total.....µg	4	0.246	11		1		1	5	5
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	4	0.246	11		1		1	5	5
Folate, DFE.....mcg_DFE	4		0	NC	4		1	5	5
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.01		0	BFZN	4		0.00	0.01	0.01
Vitamin A, RAE.....mcg_RAE	29		0	NC	4		8	36	34
Retinol.....µg	28		0	NC	4		8	35	33
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	124	24.922	7		1		35	155	145
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	3.797		0	BFZN	4		1.076	4.746	4.442
4:0.....g	0.000		0		4		0.000	0.000	0.000

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.021		0	BFZN	4		0.006	0.026	0.025
13:0.....g									
14:0.....g	0.126		0	BFZN	4		0.036	0.158	0.147
15:0.....g									
16:0.....g	2.062		0	BFZN	4		0.585	2.578	2.413
17:0.....g									
18:0.....g	1.534		0	BFZN	4		0.435	1.918	1.795
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.388		0	BFZN	4		1.244	5.485	5.134
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.146		0	BFZN	4		0.041	0.183	0.171
17:1.....g									
18:1 undifferentiated.....g	4.109		0	BFZN	4		1.165	5.136	4.808
20:1.....g	0.061		0	BFZN	4		0.017	0.076	0.071
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.198		0	BFZN	4		0.623	2.748	2.572
18:2 undifferentiated.....g	2.066		0	BFZN	4		0.586	2.583	2.417
18:3 undifferentiated.....g	0.123		0	BFZN	4		0.035	0.154	0.144
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.026		0		4		0.007	0.033	0.030
Threonine.....g	0.054		0		4		0.015	0.068	0.063
Isoleucine.....g	0.073		0		4		0.021	0.091	0.085
Leucine.....g	0.129		0		4		0.037	0.161	0.151
Lysine.....g	0.070		0		4		0.020	0.088	0.082
Methionine.....g	0.032		0		4		0.009	0.040	0.037
Cystine.....g	0.040		0		4		0.011	0.050	0.047
Phenylalanine.....g	0.088		0		4		0.025	0.110	0.103
Tyrosine.....g	0.054		0		4		0.015	0.068	0.063
Valine.....g	0.084		0		4		0.024	0.105	0.098
Arginine.....g	0.074		0		4		0.021	0.093	0.087
Histidine.....g	0.038		0		4		0.011	0.048	0.044
Alanine.....g	0.060		0		4		0.017	0.075	0.070
Aspartic acid.....g	0.095		0		4		0.027	0.119	0.111
Glutamic acid.....g	0.587		0		4		0.166	0.734	0.687
Glycine.....g	0.065		0		4		0.018	0.081	0.076
Proline.....g	0.199		0		4		0.056	0.249	0.233
Serine.....g	0.099		0		4		0.028	0.124	0.116
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18443

Pie, apple, commercially prepared, unenriched flour

Measure 2 = 125g: 1 piece (1/8 of 9" dia)

Measure 3 = 117g: 1 piece (1/6 of 8" pie)

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18302

Pie, apple, prepared from recipe

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	47.30		0		1		13.41	73.32	
Energy.....kcal	265		0	NC	4		75	411	
Energy.....kJ	1109				4		314	1719	
Protein (N x 0).....g	2.40		0		1		0.68	3.72	
Total lipid (fat).....g	12.50		0		1		3.54	19.38	
Ash.....g	0.80		0		1		0.23	1.24	
Carbohydrate, by difference.....g	37.10		0	NC	4		10.52	57.51	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	7		0		1		2	11	
Iron, Fe.....mg	1.12		0		1		0.32	1.74	
Magnesium, Mg.....mg	7		0		1		2	11	
Phosphorus, P.....mg	28		0		1		8	43	
Potassium, K.....mg	79		0		1		22	122	
Sodium, Na.....mg	211		0		1		60	327	
Zinc, Zn.....mg	0.19		0		1		0.05	0.29	
Copper, Cu.....mg	0.053		0		1		0.015	0.082	
Manganese, Mn.....mg	0.185		0		1		0.052	0.287	
Selenium, Se.....µg	7.8		0	RK	4		2.2	12.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.7		0		1		0.5	2.6	
Thiamin.....mg	0.148		0		1		0.042	0.229	
Riboflavin.....mg	0.107		0		1		0.030	0.166	
Niacin.....mg	1.230		0		1		0.349	1.907	
Pantothenic acid.....mg	0.093		0		1		0.026	0.144	
Vitamin B-6.....mg	0.032		0		1		0.009	0.050	
Folate, total.....µg	24		0	RK	4		7	37	
Folic acid.....µg	20		0	NC	4		6	31	
Folate, food.....µg	4		0		1		1	6	
Folate, DFE.....mcg_DFE	38		0	NC	4		11	59	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	11		0	NC	4		3	16	
Retinol.....µg	9		0	NC	4		3	14	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	58		0		1		16	90	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	3.050		0		1		0.865	4.728	
4:0.....g	0.000		0		1		0.000	0.000	

Pie, apple, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.001		0		1		0.000	0.002	
13:0.....g									
14:0.....g	0.058		0		1		0.016	0.090	
15:0.....g									
16:0.....g	1.738		0		1		0.493	2.694	
17:0.....g									
18:0.....g	1.253		0		1		0.355	1.942	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.393		0		1		1.529	8.359	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.000	0.002	
17:1.....g									
18:1 undifferentiated.....g	5.392		0		1		1.529	8.358	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.338		0		1		0.946	5.174	
18:2 undifferentiated.....g	3.134		0		1		0.888	4.858	
18:3 undifferentiated.....g	0.204		0		1		0.058	0.316	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.029		0		1		0.008	0.045	
Threonine.....g	0.066		0		1		0.019	0.102	
Isoleucine.....g	0.083		0		1		0.024	0.129	
Leucine.....g	0.164		0		1		0.046	0.254	
Lysine.....g	0.056		0		1		0.016	0.087	
Methionine.....g	0.042		0		1		0.012	0.065	
Cystine.....g	0.050		0		1		0.014	0.078	
Phenylalanine.....g	0.118		0		1		0.033	0.183	
Tyrosine.....g	0.072		0		1		0.020	0.112	
Valine.....g	0.097		0		1		0.027	0.150	
Arginine.....g	0.096		0		1		0.027	0.149	
Histidine.....g	0.053		0		1		0.015	0.082	
Alanine.....g	0.077		0		1		0.022	0.119	
Aspartic acid.....g	0.111		0		1		0.031	0.172	
Glutamic acid.....g	0.786		0		1		0.223	1.218	
Glycine.....g	0.086		0		1		0.024	0.133	
Proline.....g	0.271		0		1		0.077	0.420	
Serine.....g	0.119		0		1		0.034	0.184	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18302

Pie, apple, prepared from recipe

Measure 2 = 155g: 1 piece (1/8 of 9" dia)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18303

Pie, banana cream, prepared from mix, no-bake type

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	50.90		1		1		14.43	46.83	62.61
Energy.....kcal	251		0	NC	4		71	231	309
Energy.....kJ	1050				4		298	966	1292
Protein (N x 6).....g	3.40		1		1		0.96	3.13	4.18
Total lipid (fat).....g	12.90		1		1		3.66	11.87	15.87
Ash.....g	1.10		1		1		0.31	1.01	1.35
Carbohydrate, by difference.....g	31.60		0	NC	4		8.96	29.07	38.87
Fiber, total dietary.....g	0.6		0		4		0.2	0.6	0.8
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	73		1		1		21	67	90
Iron, Fe.....mg	0.46		1		1		0.13	0.42	0.57
Magnesium, Mg.....mg	12		1		1		3	11	15
Phosphorus, P.....mg	167		1		1		47	154	205
Potassium, K.....mg	113		1		1		32	104	139
Sodium, Na.....mg	290		1		1		82	267	357
Zinc, Zn.....mg	0.33		1		1		0.09	0.30	0.41
Copper, Cu.....mg	0.043		1		1		0.012	0.040	0.053
Manganese, Mn.....mg	0.107		0	FLA	4		0.030	0.098	0.132
Selenium, Se.....µg	4.9		0	FLA	4		1.4	4.5	6.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.5		1		1		0.1	0.5	0.6
Thiamin.....mg	0.102		1		1		0.029	0.094	0.125
Riboflavin.....mg	0.146		1		1		0.041	0.134	0.180
Niacin.....mg	0.709		1		1		0.201	0.652	0.872
Pantothenic acid.....mg	0.259		1		1		0.073	0.238	0.319
Vitamin B-6.....mg	0.035		1		1		0.010	0.032	0.043
Folate, total.....µg	21		0	FLA	4		6	19	26
Folic acid.....µg	14		0	NC	4		4	13	17
Folate, food.....µg	7		1		1		2	6	9
Folate, DFE.....mcg_DFE	31		0	NC	4		9	28	38
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.21		1		1		0.06	0.19	0.26
Vitamin A, RAE.....mcg_RAE	95		0	NC	4		27	87	117
Retinol.....µg	90		0	NC	4		26	83	111
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	408		1		1		116	375	502
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	6.904		0	FLA	4		1.957	6.352	8.492
4:0.....g	0.320		0	FLA	4		0.091	0.294	0.394

Pie, banana cream, prepared from mix, no-bake type

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.189		0	FLA	4		0.054	0.174	0.232
8:0.....g	0.110		0	FLA	4		0.031	0.101	0.135
10:0.....g	0.247		0	FLA	4		0.070	0.227	0.304
12:0.....g	0.277		0	FLA	4		0.079	0.255	0.341
13:0.....g									
14:0.....g	1.006		0	FLA	4		0.285	0.926	1.237
15:0.....g									
16:0.....g	2.991		0	FLA	4		0.848	2.752	3.679
17:0.....g									
18:0.....g	1.550		0	FLA	4		0.439	1.426	1.907
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.559		0	FLA	4		1.292	4.194	5.608
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.221		0	FLA	4		0.063	0.203	0.272
17:1.....g									
18:1 undifferentiated.....g	4.191		0	FLA	4		1.188	3.856	5.155
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.764		0	FLA	4		0.217	0.703	0.940
18:2 undifferentiated.....g	0.600		0	FLA	4		0.170	0.552	0.738
18:3 undifferentiated.....g	0.164		0	FLA	4		0.046	0.151	0.202
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	29		0	FLA	4		8	27	36
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.046		0		1		0.013	0.042	0.057
Threonine.....g	0.137		0		1		0.039	0.126	0.169
Isoleucine.....g	0.168		0		1		0.048	0.155	0.207
Leucine.....g	0.285		0		1		0.081	0.262	0.351
Lysine.....g	0.202		0		1		0.057	0.186	0.248
Methionine.....g	0.066		0		1		0.019	0.061	0.081
Cystine.....g	0.050		0		1		0.014	0.046	0.062
Phenylalanine.....g	0.161		0		1		0.046	0.148	0.198
Tyrosine.....g	0.132		0		1		0.037	0.121	0.162
Valine.....g	0.181		0		1		0.051	0.167	0.223
Arginine.....g	0.156		0		1		0.044	0.144	0.192
Histidine.....g	0.084		0		1		0.024	0.077	0.103
Alanine.....g	0.125		0		1		0.035	0.115	0.154
Aspartic acid.....g	0.265		0		1		0.075	0.244	0.326
Glutamic acid.....g	0.792		0		1		0.225	0.729	0.974
Glycine.....g	0.104		0		1		0.029	0.096	0.128
Proline.....g	0.301		0		1		0.085	0.277	0.370
Serine.....g	0.178		0		1		0.050	0.164	0.219
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18303

Pie, banana cream, prepared from mix, no-bake type

Measure 2 = 92g: 1 piece (1/8 of 9" dia)

Measure 3 = 123g: 1 piece (1/6 of 8" pie)

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18304

Pie, banana cream, prepared from recipe

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	47.90		0		1		13.58	568.09	68.98
Energy.....kcal	269		0	NC	4		76	3190	387
Energy.....kJ	1125		0		4		319	13348	1621
Protein (N x 0).....g	4.40		0		1		1.25	52.18	6.34
Total lipid (fat).....g	13.60		0		1		3.86	161.30	19.58
Ash.....g	1.20		0		1		0.34	14.23	1.73
Carbohydrate, by difference.....g	32.90		0	NC	4		9.33	390.19	47.38
Fiber, total dietary.....g	0.7		0		4		0.2	8.3	1.0
Sugars, total.....g	12.06		0	RKI	6		3.42	142.98	17.36
Starch.....g									
Minerals:									
Calcium, Ca.....mg	75		0		1		21	890	108
Iron, Fe.....mg	1.04		0		1		0.29	12.33	1.50
Magnesium, Mg.....mg	16		0		1		5	190	23
Phosphorus, P.....mg	92		0		1		26	1091	132
Potassium, K.....mg	165		0		1		47	1957	238
Sodium, Na.....mg	240		0		1		68	2846	346
Zinc, Zn.....mg	0.48		0		1		0.14	5.69	0.69
Copper, Cu.....mg	0.052		0		1		0.015	0.617	0.075
Manganese, Mn.....mg	0.152		0		1		0.043	1.803	0.219
Selenium, Se.....µg	9.1		0	RK	4		2.6	107.9	13.1
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.6		0		1		0.5	19.0	2.3
Thiamin.....mg	0.139		0		1		0.039	1.649	0.200
Riboflavin.....mg	0.207		0		1		0.059	2.455	0.298
Niacin.....mg	1.054		0		1		0.299	12.500	1.518
Pantothenic acid.....mg	0.388		0		1		0.110	4.602	0.559
Vitamin B-6.....mg	0.133		0		1		0.038	1.577	0.192
Folate, total.....µg	27		0	RK	4		8	320	39
Folic acid.....µg	16		0	NC	4		5	190	23
Folate, food.....µg	11		0		1		3	130	16
Folate, DFE.....mcg_DFE	38		0	NC	4		11	453	55
Choline, total.....mg	28.7		0	RK	4		8.1	340.0	41.3
Betaine.....mg									
Vitamin B-12.....µg	0.25		0		1		0.07	2.97	0.36
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	61		0	NC	4		17	722	88
Retinol.....µg	59		0	RKI	6		17	698	85
Carotene, beta.....µg	21		0	RKI	6		6	252	31
Carotene, alpha.....µg	5		0	RKI	6		1	58	7
Cryptoxanthin, beta.....µg	1		0	RKI	6		0	14	2
Vitamin A, IU.....IU	237		0	NC	4		67	2808	341
Lycopene.....µg	0		0	RKI	6		0	0	0
Lutein + zeaxanthin.....µg	46		0	RKI	6		13	542	66
Vitamin E (alpha-tocopherol).....mg	0.40		0	RKI	6		0.11	4.76	0.58
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.8		0	RKI	6		0.2	9.5	1.2
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	32		0	RKI	6		9	380	46
Vitamin K (phylloquinone).....µg	6.3		0	RKI	6		1.8	74.6	9.1
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									
Lipids:									

Pie, banana cream, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total saturated.....g	3.758		0		1		1.065	44.570	5.412
4:0.....g	0.034		0		1		0.010	0.403	0.049
6:0.....g	0.020		0		1		0.006	0.237	0.029
8:0.....g	0.012		0		1		0.003	0.142	0.017
10:0.....g	0.027		0		1		0.008	0.320	0.039
12:0.....g	0.031		0		1		0.009	0.368	0.045
13:0.....g									
14:0.....g	0.153		0		1		0.043	1.815	0.220
15:0.....g									
16:0.....g	2.122		0		1		0.602	25.167	3.056
17:0.....g									
18:0.....g	1.350		0		1		0.383	16.011	1.944
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.719		0		1		1.621	67.827	8.235
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.060		0		1		0.017	0.712	0.086
17:1.....g									
18:1 undifferentiated.....g	5.652		0		1		1.602	67.033	8.139
20:1.....g	0.003		0		1		0.001	0.036	0.004
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.292		0		1		0.933	39.043	4.740
18:2 undifferentiated.....g	3.067		0		1		0.869	36.375	4.416
18:3 undifferentiated.....g	0.205		0		1		0.058	2.431	0.295
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.016		0		1		0.005	0.190	0.023
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.004		0		1		0.001	0.047	0.006
Fatty acids, total trans.....g									
Cholesterol.....mg	51		0		1		14	605	73
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.055		0		1		0.016	0.652	0.079
Threonine.....g	0.165		0		1		0.047	1.957	0.238
Isoleucine.....g	0.203		0		1		0.058	2.408	0.292
Leucine.....g	0.358		0		1		0.101	4.246	0.516
Lysine.....g	0.232		0		1		0.066	2.752	0.334
Methionine.....g	0.092		0		1		0.026	1.091	0.132
Cystine.....g	0.068		0		1		0.019	0.806	0.098
Phenylalanine.....g	0.206		0		1		0.058	2.443	0.297
Tyrosine.....g	0.168		0		1		0.048	1.992	0.242
Valine.....g	0.229		0		1		0.065	2.716	0.330
Arginine.....g	0.186		0		1		0.053	2.206	0.268
Histidine.....g	0.116		0		1		0.033	1.376	0.167
Alanine.....g	0.155		0		1		0.044	1.838	0.223
Aspartic acid.....g	0.285		0		1		0.081	3.380	0.410
Glutamic acid.....g	1.062		0		1		0.301	12.595	1.529
Glycine.....g	0.126		0		1		0.036	1.494	0.181
Proline.....g	0.407		0		1		0.115	4.827	0.586
Serine.....g	0.243		0		1		0.069	2.882	0.350
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	RKI	6		0	0	0
Theobromine.....mg	0		0	RKI	6		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18304

Pie, banana cream, prepared from recipe

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Deriv	Source	Measure 1	Measure 2	Measure 3
			of Data	Code	Confidence			
			Points	Code	Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 1186g: 1 pie (9" dia)

Measure 3 = 144g: 1 piece (1/8 of 9" dia)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18305

Pie, blueberry, commercially prepared

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	52.50		1		1		14.88	65.63	61.43
Energy.....kcal	232		0	NC	4		66	290	271
Energy.....kJ	971		0		4		275	1213	1136
Protein (N x 5.7).....g	1.80		1		1		0.51	2.25	2.11
Total lipid (fat).....g	10.00		1		1		2.84	12.50	11.70
Ash.....g	0.80		1		1		0.23	1.00	0.94
Carbohydrate, by difference.....g	34.90		0	NC	4		9.89	43.63	40.83
Fiber, total dietary.....g	1.0		0		4		0.3	1.3	1.2
Sugars, total.....g	9.89		0	FLC	4		2.80	12.36	11.57
Starch.....g									
Minerals:									
Calcium, Ca.....mg	8		1		1		2	10	9
Iron, Fe.....mg	0.30		1		1		0.09	0.38	0.35
Magnesium, Mg.....mg	5		0	FLA	4		1	6	6
Phosphorus, P.....mg	23		0	FLA	4		7	29	27
Potassium, K.....mg	50		1		1		14	63	59
Sodium, Na.....mg	219		0	LC	8		62	274	256
Zinc, Zn.....mg	0.16		0	FLA	4		0.05	0.20	0.19
Copper, Cu.....mg	0.046		0	FLA	4		0.013	0.058	0.054
Manganese, Mn.....mg	0.176		0	FLA	4		0.050	0.220	0.206
Selenium, Se.....µg	1.4		0	FLA	4		0.4	1.8	1.6
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.7		0		4		0.8	3.4	3.2
Thiamin.....mg	0.010		1		1		0.003	0.013	0.012
Riboflavin.....mg	0.030		1		1		0.009	0.038	0.035
Niacin.....mg	0.300		1		1		0.085	0.375	0.351
Pantothenic acid.....mg	0.136		0	FLA	4		0.039	0.170	0.159
Vitamin B-6.....mg	0.037	0.006	3		1		0.010	0.046	0.043
Folate, total.....µg	27		0	FLC	4		8	34	31
Folic acid.....µg	23		0		4		7	29	27
Folate, food.....µg	4		0		4		1	5	5
Folate, DFE.....mcg_DFE	43		0	NC	4		12	54	50
Choline, total.....mg	7.2		0	BFZN	4		2.0	9.0	8.4
Betaine.....mg									
Vitamin B-12.....µg	0.01		0	FLA	4		0.00	0.01	0.01
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	44		0	NC	4		13	55	52
Retinol.....µg	41		0	FLC	4		12	51	48
Carotene, beta.....µg	39		0	FLC	4		11	48	45
Carotene, alpha.....µg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	FLC	4		0	0	0
Vitamin A, IU.....IU	201		0	NC	4		57	252	236
Lycopene.....µg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin.....µg	15		0	FLC	4		4	19	18
Vitamin E (alpha-tocopherol).....mg	1.04		0	FLC	4		0.30	1.30	1.22
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	10.5		0	FLC	4		3.0	13.2	12.3
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.679		0	FLA	4		0.476	2.099	1.964
4:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
12:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.016		0	FLA	4		0.005	0.020	0.019
15:0.....g									
16:0.....g	1.072		0	FLA	4		0.304	1.340	1.254
17:0.....g									
18:0.....g	0.585		0	FLA	4		0.166	0.731	0.684
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.244		0	FLA	4		1.203	5.305	4.965
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.023		0	FLA	4		0.007	0.029	0.027
17:1.....g									
18:1 undifferentiated.....g	4.215		0	FLA	4		1.195	5.269	4.932
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.524		0	FLA	4		0.999	4.405	4.123
18:2 undifferentiated.....g	3.281		0	FLA	4		0.930	4.101	3.839
18:3 undifferentiated.....g	0.239		0	FLA	4		0.068	0.299	0.280
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.025		0		1		0.007	0.031	0.029
Threonine.....g	0.051		0		1		0.014	0.064	0.060
Isoleucine.....g	0.069		0		1		0.020	0.086	0.081
Leucine.....g	0.125		0		1		0.035	0.156	0.146
Lysine.....g	0.062		0		1		0.018	0.078	0.073
Methionine.....g	0.031		0		1		0.009	0.039	0.036
Cystine.....g	0.039		0		1		0.011	0.049	0.046
Phenylalanine.....g	0.086		0		1		0.024	0.108	0.101
Tyrosine.....g	0.051		0		1		0.014	0.064	0.060
Valine.....g	0.080		0		1		0.023	0.100	0.094
Arginine.....g	0.072		0		1		0.020	0.090	0.084
Histidine.....g	0.037		0		1		0.010	0.046	0.043
Alanine.....g	0.057		0		1		0.016	0.071	0.067
Aspartic acid.....g	0.082		0		1		0.023	0.103	0.096
Glutamic acid.....g	0.580		0		1		0.164	0.725	0.679
Glycine.....g	0.063		0		1		0.018	0.079	0.074
Proline.....g	0.195		0		1		0.055	0.244	0.228
Serine.....g	0.094		0		1		0.027	0.118	0.110
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0	0
Theobromine.....mg	0		0	FLC	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18305

Pie, blueberry, commercially prepared

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 125g: 1 piece (1/8 of 9" dia)

Measure 3 = 117g: 1 piece (1/6 of 8" pie)

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18306

Pie, blueberry, prepared from recipe

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	51.20		0		1		14.52	75.26	
Energy.....kcal	245		0	NC	4		69	360	
Energy.....kJ	1025				4		291	1507	
Protein (N x 0).....g	2.70		0		1		0.77	3.97	
Total lipid (fat).....g	11.90		0		1		3.37	17.49	
Ash.....g	0.70		0		1		0.20	1.03	
Carbohydrate, by difference.....g	33.50		0	NC	4		9.50	49.25	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	7		0		1		2	10	
Iron, Fe.....mg	1.23		0		1		0.35	1.81	
Magnesium, Mg.....mg	8		0		1		2	12	
Phosphorus, P.....mg	30		0		1		9	44	
Potassium, K.....mg	50		0		1		14	74	
Sodium, Na.....mg	185		0		1		52	272	
Zinc, Zn.....mg	0.20		0		1		0.06	0.29	
Copper, Cu.....mg	0.067		0		1		0.019	0.098	
Manganese, Mn.....mg	0.300		0		1		0.085	0.441	
Selenium, Se.....µg	7.4		0	RK	4		2.1	10.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7		0		1		0.2	1.0	
Thiamin.....mg	0.153		0		1		0.043	0.225	
Riboflavin.....mg	0.132		0		1		0.037	0.194	
Niacin.....mg	1.194		0		1		0.338	1.755	
Pantothenic acid.....mg	0.124		0		1		0.035	0.182	
Vitamin B-6.....mg	0.034		0		1		0.010	0.050	
Folate, total.....µg	23		0	RK	4		7	34	
Folic acid.....µg	18		0	NC	4		5	26	
Folate, food.....µg	5		0		1		1	7	
Folate, DFE.....mcg_DFE	36		0	NC	4		10	52	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	2		0	NC	4		1	3	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	42		0		1		12	62	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	2.911		0		1		0.825	4.279	
4:0.....g	0.000		0		1		0.000	0.000	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.046		0		1		0.013	0.068	
15:0.....g									
16:0.....g	1.648		0		1		0.467	2.423	
17:0.....g									
18:0.....g	1.217		0		1		0.345	1.789	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.121		0		1		1.452	7.528	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	5.121		0		1		1.452	7.528	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.080		0		1		0.873	4.528	
18:2 undifferentiated.....g	2.892		0		1		0.820	4.251	
18:3 undifferentiated.....g	0.188		0		1		0.053	0.276	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.029		0		1		0.008	0.043	
Threonine.....g	0.073		0		1		0.021	0.107	
Isoleucine.....g	0.090		0		1		0.026	0.132	
Leucine.....g	0.179		0		1		0.051	0.263	
Lysine.....g	0.057		0		1		0.016	0.084	
Methionine.....g	0.046		0		1		0.013	0.068	
Cystine.....g	0.051		0		1		0.014	0.075	
Phenylalanine.....g	0.127		0		1		0.036	0.187	
Tyrosine.....g	0.072		0		1		0.020	0.106	
Valine.....g	0.108		0		1		0.031	0.159	
Arginine.....g	0.113		0		1		0.032	0.166	
Histidine.....g	0.056		0		1		0.016	0.082	
Alanine.....g	0.091		0		1		0.026	0.134	
Aspartic acid.....g	0.130		0		1		0.037	0.191	
Glutamic acid.....g	0.793		0		1		0.225	1.166	
Glycine.....g	0.099		0		1		0.028	0.146	
Proline.....g	0.270		0		1		0.077	0.397	
Serine.....g	0.124		0		1		0.035	0.182	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18306

Pie, blueberry, prepared from recipe

Measure 2 = 147g: 1 piece (1/8 of 9" dia)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18308

Pie, cherry, commercially prepared

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	46.20	1.634	5		1		13.10	57.75	54.05
Energy.....kcal	260		0	NC	4		74	325	304
Energy.....kJ	1088		0		4		308	1360	1273
Protein (N x 5.8).....g	2.00	0.188	5		1		0.57	2.50	2.34
Total lipid (fat).....g	11.00	0.555	6		1		3.12	13.75	12.87
Ash.....g	0.90	0.042	7		1		0.26	1.13	1.05
Carbohydrate, by difference.....g	39.80		0		4		11.28	49.75	46.57
Fiber, total dietary.....g	0.8		0		4		0.2	1.0	0.9
Sugars, total.....g	14.29		0	FLC	4		4.05	17.87	16.72
Starch.....g									
Minerals:									
Calcium, Ca.....mg	12	2.275	5		1		3	15	14
Iron, Fe.....mg	0.48	0.099	5		1		0.14	0.60	0.56
Magnesium, Mg.....mg	8		2		1		2	10	9
Phosphorus, P.....mg	29		2		1		8	36	34
Potassium, K.....mg	81	8.946	5		1		23	101	95
Sodium, Na.....mg	246	43.379	5		1		70	308	288
Zinc, Zn.....mg	0.18	0.102	3		1		0.05	0.23	0.21
Copper, Cu.....mg	0.040		2		1		0.011	0.050	0.047
Manganese, Mn.....mg	0.140		2		1		0.040	0.175	0.164
Selenium, Se.....µg	1.2		0	FLA	4		0.3	1.5	1.4
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.9		0	FLA	4		0.3	1.1	1.1
Thiamin.....mg	0.023	0.002	11		1		0.007	0.029	0.027
Riboflavin.....mg	0.029	0.008	11		1		0.008	0.036	0.034
Niacin.....mg	0.200	0.028	11		1		0.057	0.250	0.234
Pantothenic acid.....mg	0.319	0.019	8		1		0.090	0.399	0.373
Vitamin B-6.....mg	0.041	0.000	8		1		0.012	0.051	0.048
Folate, total.....µg	27		0	FLC	4		8	34	31
Folic acid.....µg	19		0		4		5	24	22
Folate, food.....µg	8	0.498	8		1		2	10	9
Folate, DFE.....mcg_DFE	40		0	NC	4		11	50	47
Choline, total.....mg	7.2		0	BFZN	4		2.0	9.0	8.4
Betaine.....mg									
Vitamin B-12.....µg	0.01		0	FLA	4		0.00	0.01	0.01
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	52		0	NC	4		15	64	60
Retinol.....µg	46		0	FLC	4		13	57	54
Carotene, beta.....µg	69		0	FLC	4		19	86	80
Carotene, alpha.....µg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	FLC	4		0	0	0
Vitamin A, IU.....IU	267		0	NC	4		76	334	313
Lycopene.....µg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin.....µg	20		0	FLC	4		6	24	23
Vitamin E (alpha-tocopherol).....mg	0.76		0	FLC	4		0.22	0.95	0.89
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	7.6		0	FLC	4		2.2	9.6	8.9
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	2.562		0	FLA	4		0.726	3.203	2.998
4:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
12:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.042		0	FLA	4		0.012	0.053	0.049
15:0.....g									
16:0.....g	1.380		0	FLA	4		0.391	1.725	1.615
17:0.....g									
18:0.....g	1.138		0	FLA	4		0.323	1.423	1.331
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.837		0	FLA	4		1.655	7.296	6.829
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.013		0	FLA	4		0.004	0.016	0.015
17:1.....g									
18:1 undifferentiated.....g	5.825		0	FLA	4		1.651	7.281	6.815
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.055		0	FLA	4		0.583	2.569	2.404
18:2 undifferentiated.....g	1.917		0	FLA	4		0.543	2.396	2.243
18:3 undifferentiated.....g	0.138		0	FLA	4		0.039	0.173	0.161
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.028		0		4		0.008	0.035	0.033
Threonine.....g	0.078		0		4		0.022	0.098	0.091
Isoleucine.....g	0.103		0		4		0.029	0.129	0.121
Leucine.....g	0.173		0		4		0.049	0.216	0.202
Lysine.....g	0.120		0		4		0.034	0.150	0.140
Methionine.....g	0.043		0		4		0.012	0.054	0.050
Cystine.....g	0.031		0		4		0.009	0.039	0.036
Phenylalanine.....g	0.099		0		4		0.028	0.124	0.116
Tyrosine.....g	0.080		0		4		0.023	0.100	0.094
Valine.....g	0.119		0		4		0.034	0.149	0.139
Arginine.....g	0.102		0		4		0.029	0.128	0.119
Histidine.....g	0.050		0		4		0.014	0.063	0.059
Alanine.....g	0.072		0		4		0.020	0.090	0.084
Aspartic acid.....g	0.136		0		4		0.039	0.170	0.159
Glutamic acid.....g	0.518		0		4		0.147	0.648	0.606
Glycine.....g	0.059		0		4		0.017	0.074	0.069
Proline.....g	0.196		0		4		0.056	0.245	0.229
Serine.....g	0.108		0		4		0.031	0.135	0.126
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0	0
Theobromine.....mg	0		0	FLC	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18308

Pie, cherry, commercially prepared

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Deriv	Source	Measure 1	Measure 2	Measure 3
			of Data	Code	Confidence			
			Points	Code	Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 125g: 1 piece (1/8 of 9" dia)

Measure 3 = 117g: 1 piece (1/6 of 8" pie)

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18309

Pie, cherry, prepared from recipe

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	45.80		0		1		12.98	82.44	
Energy.....kcal	270		0	NC	4		77	486	
Energy.....kJ	1130				4		320	2033	
Protein (N x 0).....g	2.80		0		1		0.79	5.04	
Total lipid (fat).....g	12.20		0		1		3.46	21.96	
Ash.....g	0.70		0		1		0.20	1.26	
Carbohydrate, by difference.....g	38.50		0	NC	4		10.91	69.30	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	10		0		1		3	18	
Iron, Fe.....mg	1.85		0		1		0.52	3.33	
Magnesium, Mg.....mg	9		0		1		3	16	
Phosphorus, P.....mg	30		0		1		9	54	
Potassium, K.....mg	77		0		1		22	139	
Sodium, Na.....mg	191		0		1		54	344	
Zinc, Zn.....mg	0.20		0		1		0.06	0.36	
Copper, Cu.....mg	0.077		0		1		0.022	0.139	
Manganese, Mn.....mg	0.200		0		1		0.057	0.360	
Selenium, Se.....µg	7.8		0	RK	4		2.2	14.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.0		0		1		0.3	1.8	
Thiamin.....mg	0.148		0		1		0.042	0.266	
Riboflavin.....mg	0.125		0		1		0.035	0.225	
Niacin.....mg	1.276		0		1		0.362	2.297	
Pantothenic acid.....mg	0.123		0		1		0.035	0.221	
Vitamin B-6.....mg	0.034		0		1		0.010	0.061	
Folate, total.....µg	27		0	RK	4		8	49	
Folic acid.....µg	20		0	NC	4		6	36	
Folate, food.....µg	7		0		1		2	13	
Folate, DFE.....mcg_DFE	41		0	NC	4		12	74	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	29		0	NC	4		8	51	
Retinol.....µg	9		0	NC	4		3	16	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	409		0		1		116	736	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	2.985		0		1		0.846	5.373	
4:0.....g	0.000		0		1		0.000	0.000	

Pie, cherry, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.047		0		1		0.013	0.085	
15:0.....g									
16:0.....g	1.700		0		1		0.482	3.060	
17:0.....g									
18:0.....g	1.238		0		1		0.351	2.228	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.314		0		1		1.507	9.565	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	5.314		0		1		1.507	9.565	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.247		0		1		0.921	5.845	
18:2 undifferentiated.....g	3.045		0		1		0.863	5.481	
18:3 undifferentiated.....g	0.202		0		1		0.057	0.364	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.031		0		1		0.009	0.056	
Threonine.....g	0.072		0		1		0.020	0.130	
Isoleucine.....g	0.088		0		1		0.025	0.158	
Leucine.....g	0.170		0		1		0.048	0.306	
Lysine.....g	0.067		0		1		0.019	0.121	
Methionine.....g	0.043		0		1		0.012	0.077	
Cystine.....g	0.050		0		1		0.014	0.090	
Phenylalanine.....g	0.124		0		1		0.035	0.223	
Tyrosine.....g	0.075		0		1		0.021	0.135	
Valine.....g	0.104		0		1		0.029	0.187	
Arginine.....g	0.100		0		1		0.028	0.180	
Histidine.....g	0.057		0		1		0.016	0.103	
Alanine.....g	0.086		0		1		0.024	0.155	
Aspartic acid.....g	0.341		0		1		0.097	0.614	
Glutamic acid.....g	0.791		0		1		0.224	1.424	
Glycine.....g	0.092		0		1		0.026	0.166	
Proline.....g	0.280		0		1		0.079	0.504	
Serine.....g	0.128		0		1		0.036	0.230	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18309

Pie, cherry, prepared from recipe

Measure 2 = 180g: 1 piece (1/8 of 9" dia)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18310

Pie, chocolate creme, commercially prepared

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	43.50	1.656	5		1		12.33	43.07	49.16
Energy.....kcal	304		0	NC	4		86	301	344
Energy.....kJ	1272				4		361	1259	1437
Protein (N x 5.7).....g	2.60	0.276	5		1		0.74	2.57	2.94
Total lipid (fat).....g	19.40	1.816	6		1		5.50	19.21	21.92
Ash.....g	0.80	0.032	7		1		0.23	0.79	0.90
Carbohydrate, by difference.....g	33.60		0		4		9.53	33.26	37.97
Fiber, total dietary.....g	2.0		0		4		0.6	2.0	2.3
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	36	9.208	5		1		10	36	41
Iron, Fe.....mg	1.07	0.129	5		1		0.30	1.06	1.21
Magnesium, Mg.....mg	21	3.096	4		1		6	21	24
Phosphorus, P.....mg	68	5.831	4		1		19	67	77
Potassium, K.....mg	127	26.951	5		1		36	126	144
Sodium, Na.....mg	136	36.259	5		1		39	135	154
Zinc, Zn.....mg	0.23		2		1		0.07	0.23	0.26
Copper, Cu.....mg	0.050		2		1		0.014	0.050	0.057
Manganese, Mn.....mg	0.200		2		1		0.057	0.198	0.226
Selenium, Se.....µg	7.5		0	FLA	4		2.1	7.4	8.5
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	0.0
Thiamin.....mg	0.036	0.002	11		1		0.010	0.036	0.041
Riboflavin.....mg	0.107	0.008	11		1		0.030	0.106	0.121
Niacin.....mg	0.678	0.055	11		1		0.192	0.671	0.766
Pantothenic acid.....mg	0.393	0.019	8		1		0.111	0.389	0.444
Vitamin B-6.....mg	0.020	0.000	8		1		0.006	0.020	0.023
Folate, total.....µg	13		0	FLA	4		4	13	15
Folic acid.....µg	6		0	NC	4		2	6	7
Folate, food.....µg	7	0.346	8		1		2	7	8
Folate, DFE.....mcg_DFE	17		0	NC	4		5	17	19
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.01		0	FLA	4		0.00	0.01	0.01
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	FLA	4		0	0	0
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	4.968		0	FLA	4		1.408	4.918	5.614
4:0.....g	0.000		0	FLA	4		0.000	0.000	0.000

Pie, chocolate creme, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0.....g	0.002		0	FLA	4		0.001	0.002	0.002
10:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
12:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.096		0	FLA	4		0.027	0.095	0.108
15:0.....g									
16:0.....g	2.535		0	FLA	4		0.719	2.510	2.865
17:0.....g									
18:0.....g	2.331		0	FLA	4		0.661	2.308	2.634
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	11.117		0	FLA	4		3.152	11.006	12.562
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	FLA	4		0.001	0.002	0.002
17:1.....g									
18:1 undifferentiated.....g	1.116		0	FLA	4		0.316	1.105	1.261
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.398		0	FLA	4		0.680	2.374	2.710
18:2 undifferentiated.....g	2.278		0	FLA	4		0.646	2.255	2.574
18:3 undifferentiated.....g	0.120		0	FLA	4		0.034	0.119	0.136
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	5		2		1		1	5	6
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.034		0		4		0.010	0.034	0.038
Threonine.....g	0.088		0		4		0.025	0.087	0.099
Isoleucine.....g	0.095		0		4		0.027	0.094	0.107
Leucine.....g	0.165		0		4		0.047	0.163	0.186
Lysine.....g	0.113		0		4		0.032	0.112	0.128
Methionine.....g	0.035		0		4		0.010	0.035	0.040
Cystine.....g	0.042		0		4		0.012	0.042	0.047
Phenylalanine.....g	0.113		0		4		0.032	0.112	0.128
Tyrosine.....g	0.072		0		4		0.020	0.071	0.081
Valine.....g	0.125		0		4		0.035	0.124	0.141
Arginine.....g	0.137		0		4		0.039	0.136	0.155
Histidine.....g	0.048		0		4		0.014	0.048	0.054
Alanine.....g	0.127		0		4		0.036	0.126	0.144
Aspartic acid.....g	0.184		0		4		0.052	0.182	0.208
Glutamic acid.....g	0.605		0		4		0.172	0.599	0.684
Glycine.....g	0.180		0		4		0.051	0.178	0.203
Proline.....g	0.245		0		4		0.069	0.243	0.277
Serine.....g	0.120		0		4		0.034	0.119	0.136
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	13		0	FLA	4		4	13	15

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18310

Pie, chocolate creme, commercially prepared

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 99g: 1 piece (1/4 of 6" pie)

Measure 3 = 113g: 1 piece (1/6 of 8" pie)

Calories Factors: Protein 3.3

Fat 8.8

Carbohydrate 3.7

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18312

Pie, chocolate mousse, prepared from mix, no-bake type

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Proximates:									
Water.....g	49.70		1		1		14.09	47.22	
Energy.....kcal	260		0		4		74	247	
Energy.....kJ	1088				4		308	1033	
Protein (N x 6).....g	3.50		1		1		0.99	3.33	
Total lipid (fat).....g	15.40		1		1		4.37	14.63	
Ash.....g	1.70		1		1		0.48	1.62	
Carbohydrate, by difference.....g	29.60		0	NC	4		8.39	28.12	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	77		1		1		22	73	
Iron, Fe.....mg	1.08		1		1		0.31	1.03	
Magnesium, Mg.....mg	32		1		1		9	30	
Phosphorus, P.....mg	231		1		1		65	219	
Potassium, K.....mg	285		1		1		81	271	
Sodium, Na.....mg	460		1		1		130	437	
Zinc, Zn.....mg	0.60		1		1		0.17	0.57	
Copper, Cu.....mg	0.203		1		1		0.058	0.193	
Manganese, Mn.....mg	0.125		0	FLA	4		0.035	0.119	
Selenium, Se.....µg	6.1		0	FLA	4		1.7	5.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.5		1		1		0.1	0.5	
Thiamin.....mg	0.051		1		1		0.014	0.048	
Riboflavin.....mg	0.147		1		1		0.042	0.140	
Niacin.....mg	0.595		1		1		0.169	0.565	
Pantothenic acid.....mg	0.202		1		1		0.057	0.192	
Vitamin B-6.....mg	0.029		1		1		0.008	0.028	
Folate, total.....µg	26		0	FLA	4		7	25	
Folic acid.....µg	23		0	NC	4		7	22	
Folate, food.....µg	3		1		1		1	3	
Folate, DFE.....mcg_DFE	42		0	NC	4		12	40	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.21		1		1		0.06	0.20	
Vitamin A, RAE.....mcg_RAE	124		0	NC	4		35	118	
Retinol.....µg	124		0	NC	4		35	118	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	413		1		1		117	392	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	8.195		0		1		2.323	7.785	
4:0.....g	0.387		0	FLA	4		0.110	0.368	

Pie, chocolate mousse, prepared from mix, no-bake type

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.229		0	FLA	4		0.065	0.218	
8:0.....g	0.133		0	FLA	4		0.038	0.126	
10:0.....g	0.299		0	FLA	4		0.085	0.284	
12:0.....g	0.335		0	FLA	4		0.095	0.318	
13:0.....g									
14:0.....g	1.214		0	FLA	4		0.344	1.153	
15:0.....g									
16:0.....g	3.697		0	FLA	4		1.048	3.512	
17:0.....g									
18:0.....g	1.996		0	FLA	4		0.566	1.896	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.084		0		1		1.441	4.830	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.267		0	FLA	4		0.076	0.254	
17:1.....g									
18:1 undifferentiated.....g	4.732		0	FLA	4		1.342	4.495	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.814		0		1		0.231	0.773	
18:2 undifferentiated.....g	0.633		0	FLA	4		0.179	0.601	
18:3 undifferentiated.....g	0.192		0	FLA	4		0.054	0.182	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	35		0	FLA	4		10	33	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.048		0		1		0.014	0.046	
Threonine.....g	0.139		0		1		0.039	0.132	
Isoleucine.....g	0.165		0		1		0.047	0.157	
Leucine.....g	0.278		0		1		0.079	0.264	
Lysine.....g	0.201		0		1		0.057	0.191	
Methionine.....g	0.062		0		1		0.018	0.059	
Cystine.....g	0.050		0		1		0.014	0.048	
Phenylalanine.....g	0.166		0		1		0.047	0.158	
Tyrosine.....g	0.133		0		1		0.038	0.126	
Valine.....g	0.190		0		1		0.054	0.181	
Arginine.....g	0.167		0		1		0.047	0.159	
Histidine.....g	0.082		0		1		0.023	0.078	
Alanine.....g	0.133		0		1		0.038	0.126	
Aspartic acid.....g	0.284		0		1		0.081	0.270	
Glutamic acid.....g	0.769		0		1		0.218	0.731	
Glycine.....g	0.115		0		1		0.033	0.109	
Proline.....g	0.283		0		1		0.080	0.269	
Serine.....g	0.178		0		1		0.050	0.169	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	1		0	FLA	4		0	1	
Theobromine.....mg	8		0	FLA	4		2	8	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18312

Pie, chocolate mousse, prepared from mix, no-bake type

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 95g: 1 piece (1/8 of 9" dia)

Calories Factors: Protein 3.7

Fat 8.7

Carbohydrate 3.8

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18314

Pie, coconut cream, prepared from mix, no-bake type

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	49.70		1		1		14.09	46.72	
Energy.....kcal	276		0	NC	4		78	259	
Energy.....kJ	1155				4		327	1085	
Protein (N x 6.1).....g	2.80		1		1		0.79	2.63	
Total lipid (fat).....g	17.60		1		1		4.99	16.54	
Ash.....g	1.30		1		1		0.37	1.22	
Carbohydrate, by difference.....g	28.50		0	NC	4		8.08	26.79	
Fiber, total dietary.....g	0.5		0		4		0.1	0.5	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	72		1		1		20	68	
Iron, Fe.....mg	0.40		1		1		0.11	0.38	
Magnesium, Mg.....mg	17		1		1		5	16	
Phosphorus, P.....mg	169		1		1		48	159	
Potassium, K.....mg	141		1		1		40	133	
Sodium, Na.....mg	329		1		1		93	309	
Zinc, Zn.....mg	0.38		1		1		0.11	0.36	
Copper, Cu.....mg	0.080		1		1		0.023	0.075	
Manganese, Mn.....mg	0.190		0		4		0.054	0.179	
Selenium, Se.....µg	5.0		0	FLA	4		1.4	4.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.6		1		1		0.2	0.6	
Thiamin.....mg	0.028		1		1		0.008	0.026	
Riboflavin.....mg	0.104		1		1		0.029	0.098	
Niacin.....mg	0.132		1		1		0.037	0.124	
Pantothenic acid.....mg	0.257		1		1		0.073	0.242	
Vitamin B-6.....mg	0.045		1		1		0.013	0.042	
Folate, total.....µg	15		0	FLA	4		4	14	
Folic acid.....µg	11		0	NC	4		3	10	
Folate, food.....µg	4		1		1		1	4	
Folate, DFE.....mcg_DFE	23		0	NC	4		6	21	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.21		1		1		0.06	0.20	
Vitamin A, RAE.....mcg_RAE	95		0	NC	4		27	89	
Retinol.....µg	90		0	NC	4		26	85	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	405		1		1		115	381	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	8.934		0	FLA	4		2.533	8.398	
4:0.....g	0.248		0	FLA	4		0.070	0.233	

NDB No. 18314

Pie, coconut cream, prepared from mix, no-bake type

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.162		0	FLA	4		0.046	0.152	
8:0.....g	0.266		0	FLA	4		0.075	0.250	
10:0.....g	0.336		0	FLA	4		0.095	0.316	
12:0.....g	1.362		0	FLA	4		0.386	1.280	
13:0.....g									
14:0.....g	1.259		0	FLA	4		0.357	1.183	
15:0.....g									
16:0.....g	3.191		0	FLA	4		0.905	3.000	
17:0.....g									
18:0.....g	1.944		0	FLA	4		0.551	1.827	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.554		0	FLA	4		1.858	6.161	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.171		0	FLA	4		0.048	0.161	
17:1.....g									
18:1 undifferentiated.....g	6.269		0	FLA	4		1.777	5.893	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.217		0	FLA	4		0.345	1.144	
18:2 undifferentiated.....g	1.060		0	FLA	4		0.301	0.996	
18:3 undifferentiated.....g	0.157		0	FLA	4		0.045	0.148	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	23		0	FLA	4		7	22	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.037		0		1		0.010	0.035	
Threonine.....g	0.110		0		1		0.031	0.103	
Isoleucine.....g	0.137		0		1		0.039	0.129	
Leucine.....g	0.236		0		1		0.067	0.222	
Lysine.....g	0.159		0		1		0.045	0.149	
Methionine.....g	0.059		0		1		0.017	0.055	
Cystine.....g	0.041		0		1		0.012	0.039	
Phenylalanine.....g	0.130		0		1		0.037	0.122	
Tyrosine.....g	0.108		0		1		0.031	0.102	
Valine.....g	0.154		0		1		0.044	0.145	
Arginine.....g	0.119		0		1		0.034	0.112	
Histidine.....g	0.067		0		1		0.019	0.063	
Alanine.....g	0.097		0		1		0.027	0.091	
Aspartic acid.....g	0.184		0		1		0.052	0.173	
Glutamic acid.....g	0.690		0		1		0.196	0.649	
Glycine.....g	0.076		0		1		0.022	0.071	
Proline.....g	0.268		0		1		0.076	0.252	
Serine.....g	0.143		0		1		0.041	0.134	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18314

Pie, coconut cream, prepared from mix, no-bake type

Measure 2 = 94g: 1 piece (1/8 of 9" dia)

Calories Factors: Protein 4.1

Fat 8.7

Carbohydrate 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18313

Pie, coconut creme, commercially prepared

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	43.20		1		1		12.25	27.65	20.74
Energy.....kcal	298		0	NC	4		84	191	143
Energy.....kJ	1247		0		4		353	798	598
Protein (N x 6).....g	2.10		1		1		0.60	1.34	1.01
Total lipid (fat).....g	16.60		1		1		4.71	10.62	7.97
Ash.....g	0.80		1		1		0.23	0.51	0.38
Carbohydrate, by difference.....g	37.20		0		4		10.55	23.81	17.86
Fiber, total dietary.....g	1.3		0		4		0.4	0.8	0.6
Sugars, total.....g	36.27		0	FLC	4		10.28	23.21	17.41
Starch.....g									
Minerals:									
Calcium, Ca.....mg	29		1		1		8	19	14
Iron, Fe.....mg	0.80		1		1		0.23	0.51	0.38
Magnesium, Mg.....mg	20		0		4		6	13	10
Phosphorus, P.....mg	85		0		4		24	54	41
Potassium, K.....mg	65		1		1		18	42	31
Sodium, Na.....mg	301		0	LC	8		85	193	144
Zinc, Zn.....mg	0.47		0	FLA	4		0.13	0.30	0.23
Copper, Cu.....mg	0.068		0	FLA	4		0.019	0.044	0.033
Manganese, Mn.....mg	0.438		0	FLA	4		0.124	0.280	0.210
Selenium, Se.....µg	5.3		0	FLA	4		1.5	3.4	2.5
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0	0.0	0.0
Thiamin.....mg	0.050		1		1		0.014	0.032	0.024
Riboflavin.....mg	0.080		1		1		0.023	0.051	0.038
Niacin.....mg	0.200		1		1		0.057	0.128	0.096
Pantothenic acid.....mg	0.240		0	FLA	4		0.068	0.154	0.115
Vitamin B-6.....mg	0.068		0		4		0.019	0.044	0.033
Folate, total.....µg	7		0	FLA	4		2	4	3
Folic acid.....µg	2		0	NC	4		1	1	1
Folate, food.....µg	5		0		4		1	3	2
Folate, DFE.....mcg_DFE	8		0	NC	4		2	5	4
Choline, total.....mg	8.5		0	FLC	4		2.4	5.4	4.1
Betaine.....mg									
Vitamin B-12.....µg	0.12		0	FLA	4		0.03	0.08	0.06
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	27		0	NC	4		8	17	13
Retinol.....µg	27		0	FLC	4		8	17	13
Carotene, beta.....µg	0		0	FLC	4		0	0	0
Carotene, alpha.....µg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	FLC	4		0	0	0
Vitamin A, IU.....IU	90		0	NC	4		26	58	43
Lycopene.....µg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin.....µg	0		0	FLC	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.15		0	FLC	4		0.04	0.09	0.07
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	FLC	4		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	FLC	4		0	0	0
Vitamin K (phylloquinone).....µg	5.3		0	FLC	4		1.5	3.4	2.5
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Pie, coconut creme, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code				
Fatty acids, total saturated.....g	6.976		0	FLA	4	1.978	4.465	3.348
4:0.....g	0.001		0	FLA	4	0.000	0.001	0.000
6:0.....g	0.025		0	FLA	4	0.007	0.016	0.012
8:0.....g	0.303		0	FLA	4	0.086	0.194	0.145
10:0.....g	0.241		0	FLA	4	0.068	0.154	0.116
12:0.....g	1.917		0	FLA	4	0.543	1.227	0.920
13:0.....g								
14:0.....g	0.820		0	FLA	4	0.232	0.525	0.394
15:0.....g								
16:0.....g	1.967		0	FLA	4	0.558	1.259	0.944
17:0.....g								
18:0.....g	1.700		0	FLA	4	0.482	1.088	0.816
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	7.260		0	FLA	4	2.058	4.646	3.485
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.001		0	FLA	4	0.000	0.001	0.000
17:1.....g								
18:1 undifferentiated.....g	7.258		0	FLA	4	2.058	4.645	3.484
20:1.....g	0.000		0	FLA	4	0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4	0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.544		0	FLA	4	0.438	0.988	0.741
18:2 undifferentiated.....g	1.469		0	FLA	4	0.416	0.940	0.705
18:3 undifferentiated.....g	0.075		0	FLA	4	0.021	0.048	0.036
18:4.....g	0.000		0	FLA	4	0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	FLA	4	0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	FLA	4	0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0	FLA	4	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	FLA	4	0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		1		1	0	0	0
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.029		0		4	0.008	0.019	0.014
Threonine.....g	0.078		0		4	0.022	0.050	0.037
Isoleucine.....g	0.103		0		4	0.029	0.066	0.049
Leucine.....g	0.174		0		4	0.049	0.111	0.084
Lysine.....g	0.119		0		4	0.034	0.076	0.057
Methionine.....g	0.043		0		4	0.012	0.028	0.021
Cystine.....g	0.030		0		4	0.009	0.019	0.014
Phenylalanine.....g	0.098		0		4	0.028	0.063	0.047
Tyrosine.....g	0.081		0		4	0.023	0.052	0.039
Valine.....g	0.120		0		4	0.034	0.077	0.058
Arginine.....g	0.108		0		4	0.031	0.069	0.052
Histidine.....g	0.051		0		4	0.014	0.033	0.024
Alanine.....g	0.074		0		4	0.021	0.047	0.036
Aspartic acid.....g	0.140		0		4	0.040	0.090	0.067
Glutamic acid.....g	0.507		0		4	0.144	0.324	0.243
Glycine.....g	0.060		0		4	0.017	0.038	0.029
Proline.....g	0.191		0		4	0.054	0.122	0.092
Serine.....g	0.107		0		4	0.030	0.068	0.051
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4	0	0	0
Theobromine.....mg	0		0	FLC	4	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18313

Pie, coconut creme, commercially prepared

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 64g: 1 piece (1/6 of 7" pie)

Measure 3 = 48g: 1 piece (1/8 of 7" pie)

Calories Factors: Protein 4

Fat 8.7

Carbohydrate 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18316

Pie, coconut custard, commercially prepared

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	49.20	3.683	3		1		13.95	51.17	
Energy.....kcal	260		0	NC	4		74	270	
Energy.....kJ	1088				4		308	1131	
Protein (N x 6).....g	5.90	0.055	3		1		1.67	6.14	
Total lipid (fat).....g	13.20	1.617	3		1		3.74	13.73	
Ash.....g	1.40	0.030	3		1		0.40	1.46	
Carbohydrate, by difference.....g	30.20		0	NC	4		8.56	31.41	
Fiber, total dietary.....g	1.8		0		1		0.5	1.9	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	81	0.000	3		1		23	84	
Iron, Fe.....mg	0.80	0.049	3		1		0.23	0.83	
Magnesium, Mg.....mg	18		2		1		5	19	
Phosphorus, P.....mg	122		2		1		35	127	
Potassium, K.....mg	175		1		1		50	182	
Sodium, Na.....mg	335	12.583	3		1		95	348	
Zinc, Zn.....mg	0.68		2		1		0.19	0.71	
Copper, Cu.....mg	0.063		2		1		0.018	0.066	
Manganese, Mn.....mg	0.210		2		1		0.060	0.218	
Selenium, Se.....µg	6.4		0	FLA	4		1.8	6.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.6		0	FLA	4		0.2	0.6	
Thiamin.....mg	0.088	0.043	4		1		0.025	0.092	
Riboflavin.....mg	0.148	0.026	4		1		0.042	0.154	
Niacin.....mg	0.403	0.048	3		1		0.114	0.419	
Pantothenic acid.....mg	0.238		0		4		0.067	0.248	
Vitamin B-6.....mg	0.011		1		1		0.003	0.011	
Folate, total.....µg	13		0	FLA	4		4	14	
Folic acid.....µg	9		0	NC	4		3	9	
Folate, food.....µg	4		0		4		1	4	
Folate, DFE.....mcg_DFE	19		0	NC	4		5	20	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.09		0		4		0.03	0.09	
Vitamin A, RAE.....mcg_RAE	26		0	NC	4		7	27	
Retinol.....µg	24		0	NC	4		7	25	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	110		1		1		31	114	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	5.854		0	FLA	4		1.660	6.088	
4:0.....g	0.054		0	FLA	4		0.015	0.056	

Pie, coconut custard, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.049		0	FLA	4		0.014	0.051	
8:0.....g	0.228		0	FLA	4		0.065	0.237	
10:0.....g	0.208		0	FLA	4		0.059	0.216	
12:0.....g	1.368		0	FLA	4		0.388	1.423	
13:0.....g									
14:0.....g	0.732		0	FLA	4		0.208	0.761	
15:0.....g									
16:0.....g	1.805		0	FLA	4		0.512	1.877	
17:0.....g									
18:0.....g	1.373		0	FLA	4		0.389	1.428	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.495		0	FLA	4		1.558	5.715	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.038		0	FLA	4		0.011	0.040	
17:1.....g									
18:1 undifferentiated.....g	5.431		0	FLA	4		1.540	5.648	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.170		0	FLA	4		0.332	1.217	
18:2 undifferentiated.....g	1.092		0	FLA	4		0.310	1.136	
18:3 undifferentiated.....g	0.078		0	FLA	4		0.022	0.081	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	35		2		1		10	36	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.079		0		1		0.022	0.082	
Threonine.....g	0.216		0		1		0.061	0.225	
Isoleucine.....g	0.286		0		1		0.081	0.297	
Leucine.....g	0.482		0		1		0.137	0.501	
Lysine.....g	0.335		0		1		0.095	0.348	
Methionine.....g	0.121		0		1		0.034	0.126	
Cystine.....g	0.085		0		1		0.024	0.088	
Phenylalanine.....g	0.274		0		1		0.078	0.285	
Tyrosine.....g	0.224		0		1		0.064	0.233	
Valine.....g	0.330		0		1		0.094	0.343	
Arginine.....g	0.284		0		1		0.081	0.295	
Histidine.....g	0.140		0		1		0.040	0.146	
Alanine.....g	0.199		0		1		0.056	0.207	
Aspartic acid.....g	0.378		0		1		0.107	0.393	
Glutamic acid.....g	1.441		0		1		0.409	1.499	
Glycine.....g	0.164		0		1		0.046	0.171	
Proline.....g	0.546		0		1		0.155	0.568	
Serine.....g	0.301		0		1		0.085	0.313	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18316

Pie, coconut custard, commercially prepared

Measure 2 = 104g: 1 piece (1/6 of 8" pie)

Calories Factors: Protein 4.1

Fat 8.7

Carbohydrate 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18317

Pie, egg custard, commercially prepared

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	60.90	1.930	4		1		17.27	63.95	
Energy.....kcal	210		0	NC	4		60	221	
Energy.....kJ	879		0		4		249	923	
Protein (N x 6.2).....g	5.50	0.196	6		1		1.56	5.78	
Total lipid (fat).....g	11.60	0.241	6		1		3.29	12.18	
Ash.....g	1.30	0.090	8		1		0.37	1.37	
Carbohydrate, by difference.....g	20.80		0	NC	4		5.90	21.84	
Fiber, total dietary.....g	1.6		0		1		0.5	1.7	
Sugars, total.....g	11.58		0	FLC	4		3.28	12.16	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	80	12.917	4		1		23	84	
Iron, Fe.....mg	0.58	0.134	4		1		0.16	0.61	
Magnesium, Mg.....mg	11	1.997	3		1		3	12	
Phosphorus, P.....mg	112	4.648	3		1		32	118	
Potassium, K.....mg	106	23.552	4		1		30	111	
Sodium, Na.....mg	150		0	LC	8		43	158	
Zinc, Zn.....mg	0.52	0.098	3		1		0.15	0.55	
Copper, Cu.....mg	0.024	0.024	3		1		0.007	0.025	
Manganese, Mn.....mg	0.060	0.010	3		1		0.017	0.063	
Selenium, Se.....µg	7.1		0	FLA	4		2.0	7.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.6		0	FLA	4		0.2	0.6	
Thiamin.....mg	0.039	0.008	11		1		0.011	0.041	
Riboflavin.....mg	0.208	0.008	11		1		0.059	0.218	
Niacin.....mg	0.292	0.099	11		1		0.083	0.307	
Pantothenic acid.....mg	0.662	0.039	11		1		0.188	0.695	
Vitamin B-6.....mg	0.048	0.001	10		1		0.014	0.050	
Folate, total.....µg	20	0.407	8		1		6	21	
Folic acid.....µg	0		0		4		0	0	
Folate, food.....µg	20	0.407	8		1		6	21	
Folate, DFE.....mcg_DFE	20		0	NC	4		6	21	
Choline, total.....mg	38.0		0	FLC	4		10.8	39.9	
Betaine.....mg									
Vitamin B-12.....µg	0.43	0.034	9		1		0.12	0.45	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	57		0	NC	4		16	60	
Retinol.....µg	57		0	FLC	4		16	59	
Carotene, beta.....µg	9		0	FLC	4		2	9	
Carotene, alpha.....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....µg	1		0	FLC	4		0	1	
Vitamin A, IU.....IU	204		0	NC	4		58	215	
Lycopene.....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....µg	50		0	FLC	4		14	52	
Vitamin E (alpha-tocopherol).....mg	0.94		0	FLC	4		0.27	0.99	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.8		0	FLC	4		0.2	0.9	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	34		0	FLC	4		9	35	
Vitamin K (phylloquinone).....µg	3.2		0	FLC	4		0.9	3.3	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Pie, egg custard, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	2.349		0	FLA	4		0.666	2.466	
4:0.....g	0.024		0	FLA	4		0.007	0.025	
6:0.....g	0.011		0	FLA	4		0.003	0.012	
8:0.....g	0.008		0	FLA	4		0.002	0.008	
10:0.....g	0.018		0	FLA	4		0.005	0.019	
12:0.....g	0.019		0	FLA	4		0.005	0.020	
13:0.....g									
14:0.....g	0.088		0	FLA	4		0.025	0.092	
15:0.....g									
16:0.....g	1.469		0	FLA	4		0.416	1.542	
17:0.....g									
18:0.....g	0.685		0	FLA	4		0.194	0.719	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.797		0	FLA	4		1.360	5.037	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.099		0	FLA	4		0.028	0.104	
17:1.....g									
18:1 undifferentiated.....g	4.673		0	FLA	4		1.325	4.907	
20:1.....g	0.004		0	FLA	4		0.001	0.004	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.723		0	FLA	4		1.055	3.909	
18:2 undifferentiated.....g	3.438		0	FLA	4		0.975	3.610	
18:3 undifferentiated.....g	0.249		0	FLA	4		0.071	0.261	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.021		0	FLA	4		0.006	0.022	
20:5 n-3 (EPA).....g	0.001		0	FLA	4		0.000	0.001	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.006		0	FLA	4		0.002	0.006	
Fatty acids, total trans.....g									
Cholesterol.....mg	33		5.933	6		1	9	35	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.071		0		1		0.020	0.075	
Threonine.....g	0.225		0		1		0.064	0.236	
Isoleucine.....g	0.281		0		1		0.080	0.295	
Leucine.....g	0.455		0		1		0.129	0.478	
Lysine.....g	0.348		0		1		0.099	0.365	
Methionine.....g	0.138		0		1		0.039	0.145	
Cystine.....g	0.099		0		1		0.028	0.104	
Phenylalanine.....g	0.269		0		1		0.076	0.282	
Tyrosine.....g	0.214		0		1		0.061	0.225	
Valine.....g	0.315		0		1		0.089	0.331	
Arginine.....g	0.251		0		1		0.071	0.264	
Histidine.....g	0.127		0		1		0.036	0.133	
Alanine.....g	0.229		0		1		0.065	0.240	
Aspartic acid.....g	0.421		0		1		0.119	0.442	
Glutamic acid.....g	1.085		0		1		0.308	1.139	
Glycine.....g	0.159		0		1		0.045	0.167	
Proline.....g	0.400		0		1		0.113	0.420	
Serine.....g	0.334		0		1		0.095	0.351	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18317

Pie, egg custard, commercially prepared

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 105g: 1 piece (1/6 of 8" pie)

Calories Factors: Protein 4.3

Fat 8.9

Carbohydrate4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18444
Pie, fried pies, cherry

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	37.60	0.542	28		1		10.66	48.13	
Energy.....kcal	316		0	NC	4		90	404	
Energy.....kJ	1322				4		375	1692	
Protein (N x 5.8).....g	3.00	0.165	23		1		0.85	3.84	
Total lipid (fat).....g	16.10	0.484	30		1		4.56	20.61	
Ash.....g	1.10	0.064	15		1		0.31	1.41	
Carbohydrate, by difference.....g	42.60		0		4		12.08	54.53	
Fiber, total dietary.....g	2.6		0		4		0.7	3.3	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	22	2.244	23		1		6	28	
Iron, Fe.....mg	1.22	0.129	22		1		0.35	1.56	
Magnesium, Mg.....mg	10	0.912	8		1		3	13	
Phosphorus, P.....mg	43	6.343	11		1		12	55	
Potassium, K.....mg	65	11.540	6		1		18	83	
Sodium, Na.....mg	374	12.764	23		1		106	479	
Zinc, Zn.....mg	0.23	0.026	8		1		0.07	0.29	
Copper, Cu.....mg	0.047	0.003	8		1		0.013	0.060	
Manganese, Mn.....mg	0.224	0.036	8		1		0.064	0.287	
Selenium, Se.....µg	2.4		0	FLA	4		0.7	3.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.3	0.163	6		1		0.4	1.7	
Thiamin.....mg	0.141	0.020	22		1		0.040	0.180	
Riboflavin.....mg	0.106	0.013	22		1		0.030	0.136	
Niacin.....mg	1.425	0.171	22		1		0.404	1.824	
Pantothenic acid.....mg	0.110	0.014	5		1		0.031	0.141	
Vitamin B-6.....mg	0.030	0.010	7		1		0.009	0.038	
Folate, total.....µg	18		0	FLA	4		5	23	
Folic acid.....µg	15		0	NC	4		4	19	
Folate, food.....µg	3		2		1		1	4	
Folate, DFE.....mcg_DFE	29		0	NC	4		8	36	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.08	0.044	4		1		0.02	0.10	
Vitamin A, RAE.....mcg_RAE	9		0	NC	4		2	11	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	172		0		4		49	220	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	2.457		0	FLA	4		0.697	3.145	
4:0.....g	0.001		0	FLA	4		0.000	0.001	

NDB No. 18444
Pie, fried pies, cherry

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g									
8:0.....g									
10:0.....g	0.001		0	FLA	4	0.000	0.001		
12:0.....g	0.001		0		4	0.000	0.001		
13:0.....g									
14:0.....g	0.032		0	FLA	4	0.009	0.041		
15:0.....g									
16:0.....g	1.516		0	FLA	4	0.430	1.940		
17:0.....g									
18:0.....g	0.834		0	FLA	4	0.236	1.068		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.449		0	FLA	4	2.112	9.535		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012		0		4	0.003	0.015		
17:1.....g									
18:1 undifferentiated.....g	7.299		0	FLA	4	2.069	9.343		
20:1.....g	0.089		0	FLA	4	0.025	0.114		
22:1 undifferentiated.....g	0.032		0		4	0.009	0.041		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.376		0	FLA	4	1.524	6.881		
18:2 undifferentiated.....g	4.808		0	FLA	4	1.363	6.154		
18:3 undifferentiated.....g	0.568		0	FLA	4	0.161	0.727		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4	0	0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.042		0		4	0.012	0.054		
Threonine.....g	0.089		0		4	0.025	0.114		
Isoleucine.....g	0.120		0		4	0.034	0.154		
Leucine.....g	0.211		0		4	0.060	0.270		
Lysine.....g	0.121		0		4	0.034	0.155		
Methionine.....g	0.052		0		4	0.015	0.067		
Cystine.....g	0.059		0		4	0.017	0.076		
Phenylalanine.....g	0.138		0		4	0.039	0.177		
Tyrosine.....g	0.090		0		4	0.026	0.115		
Valine.....g	0.138		0		4	0.039	0.177		
Arginine.....g	0.112		0		4	0.032	0.143		
Histidine.....g	0.062		0		4	0.018	0.079		
Alanine.....g	0.093		0		4	0.026	0.119		
Aspartic acid.....g	0.156		0		4	0.044	0.200		
Glutamic acid.....g	0.906		0		4	0.257	1.160		
Glycine.....g	0.098		0		4	0.028	0.125		
Proline.....g	0.314		0		4	0.089	0.402		
Serine.....g	0.154		0		4	0.044	0.197		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18444

Pie, fried pies, cherry

Measure 2 = 128g: 1 pie (5" x 3-3/4")

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 3.8

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18319
Pie, fried pies, fruit

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	37.60	0.542	28		1		10.66	48.13	
Energy.....kcal	316		0	NC	4		90	404	
Energy.....kJ	1322		0		4		375	1692	
Protein (N x 5.8).....g	3.00	0.165	23		1		0.85	3.84	
Total lipid (fat).....g	16.10	0.484	30		1		4.56	20.61	
Ash.....g	1.10	0.064	15		1		0.31	1.41	
Carbohydrate, by difference.....g	42.60		0	NC	4		12.08	54.53	
Fiber, total dietary.....g	2.6		0	A	1		0.7	3.3	
Sugars, total.....g	21.40		0	FLC	4		6.07	27.39	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	22	2.244	23		1		6	28	
Iron, Fe.....mg	1.22	0.129	22		1		0.35	1.56	
Magnesium, Mg.....mg	10	0.912	8		1		3	13	
Phosphorus, P.....mg	43	6.343	11		1		12	55	
Potassium, K.....mg	65	11.540	6		1		18	83	
Sodium, Na.....mg	374	12.764	23		1		106	479	
Zinc, Zn.....mg	0.23	0.026	8		1		0.07	0.29	
Copper, Cu.....mg	0.047	0.003	8		1		0.013	0.060	
Manganese, Mn.....mg	0.224	0.036	8		1		0.064	0.287	
Selenium, Se.....µg	2.4		0	FLA	4		0.7	3.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.3	0.163	6		1		0.4	1.7	
Thiamin.....mg	0.141	0.020	22		1		0.040	0.180	
Riboflavin.....mg	0.106	0.013	22		1		0.030	0.136	
Niacin.....mg	1.425	0.171	22		1		0.404	1.824	
Pantothenic acid.....mg	0.110	0.014	5		1		0.031	0.141	
Vitamin B-6.....mg	0.030	0.010	7		1		0.009	0.038	
Folate, total.....µg	18		0	FLA	4		5	23	
Folic acid.....µg	15		0	NC	4		4	19	
Folate, food.....µg	3		2		1		1	4	
Folate, DFE.....mcg_DFE	29		0	NC	4		8	36	
Choline, total.....mg	7.2		0	BFZN	4		2.0	9.2	
Betaine.....mg									
Vitamin B-12.....µg	0.08	0.044	4		1		0.02	0.10	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	5		0	NC	4		1	7	
Retinol.....µg	5		0	FLC	4		1	6	
Carotene, beta.....µg	5		0	FLC	4		1	6	
Carotene, alpha.....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....µg	5		0	FLC	4		1	6	
Vitamin A, IU.....IU	27		0	NC	4		8	35	
Lycopene.....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....µg	8		0	FLC	4		2	10	
Vitamin E (alpha-tocopherol).....mg	1.72		0	FLC	4		0.49	2.20	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	4.1		0	FLC	4		1.2	5.2	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 18319
Pie, fried pies, fruit

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	2.457		0	FLA	4	0.697	3.145
4:0.....g	0.001		0	FLA	4	0.000	0.001
6:0.....g	0.000		0	FLA	4	0.000	0.000
8:0.....g	0.000		0	FLA	4	0.000	0.000
10:0.....g	0.001		0	FLA	4	0.000	0.001
12:0.....g	0.001		0	FLA	4	0.000	0.001
13:0.....g							
14:0.....g	0.032		0	FLA	4	0.009	0.041
15:0.....g							
16:0.....g	1.516		0	FLA	4	0.430	1.940
17:0.....g							
18:0.....g	0.834		0	FLA	4	0.236	1.068
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	7.449		0	FLA	4	2.112	9.535
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.012		0	FLA	4	0.003	0.015
17:1.....g							
18:1 undifferentiated.....g	7.299		0	FLA	4	2.069	9.343
20:1.....g	0.089		0	FLA	4	0.025	0.114
22:1 undifferentiated.....g	0.032		0	FLA	4	0.009	0.041
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	5.376		0	FLA	4	1.524	6.881
18:2 undifferentiated.....g	4.808		0	FLA	4	1.363	6.154
18:3 undifferentiated.....g	0.568		0	FLA	4	0.161	0.727
18:4.....g	0.000		0	FLA	4	0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0	FLA	4	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	FLA	4	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0	FLA	4	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	FLA	4	0.000	0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0		4	0	0
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.042		0		1	0.012	0.054
Threonine.....g	0.089		0		1	0.025	0.114
Isoleucine.....g	0.120		0		1	0.034	0.154
Leucine.....g	0.211		0		1	0.060	0.270
Lysine.....g	0.121		0		1	0.034	0.155
Methionine.....g	0.052		0		1	0.015	0.067
Cystine.....g	0.059		0		1	0.017	0.076
Phenylalanine.....g	0.138		0		1	0.039	0.177
Tyrosine.....g	0.090		0		1	0.026	0.115
Valine.....g	0.138		0		1	0.039	0.177
Arginine.....g	0.112		0		1	0.032	0.143
Histidine.....g	0.062		0		1	0.018	0.079
Alanine.....g	0.093		0		1	0.026	0.119
Aspartic acid.....g	0.156		0		1	0.044	0.200
Glutamic acid.....g	0.906		0		1	0.257	1.160
Glycine.....g	0.098		0		1	0.028	0.125
Proline.....g	0.314		0		1	0.089	0.402
Serine.....g	0.154		0		1	0.044	0.197
Hydroxyproline.....g							
Others:							
Alcohol, ethyl.....g	0.0		0	RA	4	0.0	0.0
Caffeine.....mg	0		0	FLC	4	0	0
Theobromine.....mg	0		0	FLC	4	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18319
Pie, fried pies, fruit

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Deriv	Source	Measure 1	Measure 2	Measure 3
			of Data	Code	Confidence			
		Points	Code	Code				

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 128g: 1 pie (5" x 3-3/4")

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 3.8

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18445
Pie, fried pies, lemon

Refuse:0%

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	37.60	0.542	28		1		10.66	48.13	
Energy.....kcal	316		0	NC	4		90	404	
Energy.....kJ	1322				4		375	1692	
Protein (N x 5.8).....g	3.00	0.165	23		1		0.85	3.84	
Total lipid (fat).....g	16.10	0.484	30		1		4.56	20.61	
Ash.....g	1.10	0.064	15		1		0.31	1.41	
Carbohydrate, by difference.....g	42.60		0		4		12.08	54.53	
Fiber, total dietary.....g	2.6		0		4		0.7	3.3	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	22	2.244	23		1		6	28	
Iron, Fe.....mg	1.22	0.129	22		1		0.35	1.56	
Magnesium, Mg.....mg	10	0.912	8		1		3	13	
Phosphorus, P.....mg	43	6.343	11		1		12	55	
Potassium, K.....mg	65	11.540	6		1		18	83	
Sodium, Na.....mg	374	12.764	23		1		106	479	
Zinc, Zn.....mg	0.23	0.026	8		1		0.07	0.29	
Copper, Cu.....mg	0.047	0.003	8		1		0.013	0.060	
Manganese, Mn.....mg	0.224	0.036	8		1		0.064	0.287	
Selenium, Se.....µg	2.4		0	FLA	4		0.7	3.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.141	0.020	22		1		0.040	0.180	
Riboflavin.....mg	0.106	0.013	22		1		0.030	0.136	
Niacin.....mg	1.425	0.171	22		1		0.404	1.824	
Pantothenic acid.....mg	0.110	0.014	5		1		0.031	0.141	
Vitamin B-6.....mg	0.030	0.010	7		1		0.009	0.038	
Folate, total.....µg	18		0	FLA	4		5	23	
Folic acid.....µg	15		0	NC	4		4	19	
Folate, food.....µg	3		2		1		1	4	
Folate, DFE.....mcg_DFE	29		0	NC	4		8	36	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.08	0.044	4		1		0.02	0.10	
Vitamin A, RAE.....mcg_RAE	2		0	NC	4		0	2	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	32		0		4		9	41	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	2.457		0	FLA	4		0.697	3.145	
4:0.....g	0.001		0	FLA	4		0.000	0.001	

NDB No. 18445
Pie, fried pies, lemon

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food		
						Confidence Code	Measure 1	Measure 2
6:0.....g								
8:0.....g								
10:0.....g	0.001		0	FLA	4	0.000	0.001	
12:0.....g	0.001		0		4	0.000	0.001	
13:0.....g								
14:0.....g	0.032		0	FLA	4	0.009	0.041	
15:0.....g								
16:0.....g	1.516		0	FLA	4	0.430	1.940	
17:0.....g								
18:0.....g	0.834		0	FLA	4	0.236	1.068	
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	7.449		0	FLA	4	2.112	9.535	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.012		0		4	0.003	0.015	
17:1.....g								
18:1 undifferentiated.....g	7.299		0	FLA	4	2.069	9.343	
20:1.....g	0.089		0	FLA	4	0.025	0.114	
22:1 undifferentiated.....g	0.032		0		4	0.009	0.041	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	5.376		0	FLA	4	1.524	6.881	
18:2 undifferentiated.....g	4.808		0	FLA	4	1.363	6.154	
18:3 undifferentiated.....g	0.568		0	FLA	4	0.161	0.727	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3 (EPA).....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0		4	0	0	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.042		0		4	0.012	0.054	
Threonine.....g	0.089		0		4	0.025	0.114	
Isoleucine.....g	0.120		0		4	0.034	0.154	
Leucine.....g	0.211		0		4	0.060	0.270	
Lysine.....g	0.121		0		4	0.034	0.155	
Methionine.....g	0.052		0		4	0.015	0.067	
Cystine.....g	0.059		0		4	0.017	0.076	
Phenylalanine.....g	0.138		0		4	0.039	0.177	
Tyrosine.....g	0.090		0		4	0.026	0.115	
Valine.....g	0.138		0		4	0.039	0.177	
Arginine.....g	0.112		0		4	0.032	0.143	
Histidine.....g	0.062		0		4	0.018	0.079	
Alanine.....g	0.093		0		4	0.026	0.119	
Aspartic acid.....g	0.156		0		4	0.044	0.200	
Glutamic acid.....g	0.906		0		4	0.257	1.160	
Glycine.....g	0.098		0		4	0.028	0.125	
Proline.....g	0.314		0		4	0.089	0.402	
Serine.....g	0.154		0		4	0.044	0.197	
Hydroxyproline.....g								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18445

Pie, fried pies, lemon

Measure 2 = 128g: 1 pie (5" x 3-3/4")

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 3.8

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18320

Pie, lemon meringue, commercially prepared

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	41.70	2.582	5		1		11.82	47.12	
Energy.....kcal	268		0	NC	4		76	303	
Energy.....kJ	1121		0		4		318	1267	
Protein (N x 6).....g	1.50	0.207	3		1		0.43	1.70	
Total lipid (fat).....g	8.70	1.114	6		1		2.47	9.83	
Ash.....g	0.90	0.114	7		1		0.26	1.02	
Carbohydrate, by difference.....g	47.20		0	NC	4		13.38	53.34	
Fiber, total dietary.....g	1.2		0		1		0.3	1.4	
Sugars, total.....g	23.86		0	FLC	4		6.76	26.96	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	56	21.880	3		1		16	63	
Iron, Fe.....mg	0.61	0.088	3		1		0.17	0.69	
Magnesium, Mg.....mg	15		2		1		4	17	
Phosphorus, P.....mg	105		2		1		30	119	
Potassium, K.....mg	89	29.958	3		1		25	101	
Sodium, Na.....mg	172		0	LC	8		49	194	
Zinc, Zn.....mg	0.49		2		1		0.14	0.55	
Copper, Cu.....mg	0.001		2		1		0.000	0.001	
Manganese, Mn.....mg	0.060		2		1		0.017	0.068	
Selenium, Se.....µg	3.0		0	FLA	4		0.9	3.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	3.2	0.278	9		1		0.9	3.6	
Thiamin.....mg	0.062	0.002	10		1		0.018	0.070	
Riboflavin.....mg	0.209	0.025	10		1		0.059	0.236	
Niacin.....mg	0.649	0.046	9		1		0.184	0.733	
Pantothenic acid.....mg	0.793	0.020	8		1		0.225	0.896	
Vitamin B-6.....mg	0.030	0.003	9		1		0.009	0.034	
Folate, total.....µg	24		0	FLC	4		7	27	
Folic acid.....µg	16		0		4		5	18	
Folate, food.....µg	8	0.580	8		1		2	9	
Folate, DFE.....mcg_DFE	35		0	NC	4		10	40	
Choline, total.....mg	6.2		0	FLC	4		1.8	7.0	
Betaine.....mg									
Vitamin B-12.....µg	0.17		0	FLA	4		0.05	0.19	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	51		0	NC	4		14	57	
Retinol.....µg	51		0	FLC	4		14	57	
Carotene, beta.....µg	1		0	FLC	4		0	1	
Carotene, alpha.....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....µg	3		0	FLC	4		1	3	
Vitamin A, IU.....IU	173		0	NC	4		49	196	
Lycopene.....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....µg	9		0	FLC	4		2	10	
Vitamin E (alpha-tocopherol).....mg	1.06		0	FLC	4		0.30	1.20	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.2		0	FLA	4		0.1	0.2	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	7		0	FLA	4		2	8	
Vitamin K (phylloquinone).....µg	2.1		0	FLC	4		0.6	2.4	
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									
Lipids:									

Pie, lemon meringue, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.766		0	FLA	4		0.501	1.996	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.001		0	FLA	4		0.000	0.001	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.027		0	FLA	4		0.008	0.031	
15:0.....g									
16:0.....g	1.345		0	FLA	4		0.381	1.520	
17:0.....g									
18:0.....g	0.384		0	FLA	4		0.109	0.434	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.685		0	FLA	4		0.761	3.034	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.060		0	FLA	4		0.017	0.068	
17:1.....g									
18:1 undifferentiated.....g	2.619		0	FLA	4		0.742	2.959	
20:1.....g	0.004		0	FLA	4		0.001	0.005	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.648		0	FLA	4		1.034	4.122	
18:2 undifferentiated.....g	3.414		0	FLA	4		0.968	3.858	
18:3 undifferentiated.....g	0.205		0	FLA	4		0.058	0.232	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.022		0	FLA	4		0.006	0.025	
20:5 n-3 (EPA).....g	0.001		0	FLA	4		0.000	0.001	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.006		0	FLA	4		0.002	0.007	
Fatty acids, total trans.....g									
Cholesterol.....mg	45		2		1		13	51	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.019		0		1		0.005	0.021	
Threonine.....g	0.060		0		1		0.017	0.068	
Isoleucine.....g	0.066		0		1		0.019	0.075	
Leucine.....g	0.116		0		1		0.033	0.131	
Lysine.....g	0.084		0		1		0.024	0.095	
Methionine.....g	0.030		0		1		0.009	0.034	
Cystine.....g	0.029		0		1		0.008	0.033	
Phenylalanine.....g	0.066		0		1		0.019	0.075	
Tyrosine.....g	0.054		0		1		0.015	0.061	
Valine.....g	0.074		0		1		0.021	0.084	
Arginine.....g	0.081		0		1		0.023	0.092	
Histidine.....g	0.034		0		1		0.010	0.038	
Alanine.....g	0.061		0		1		0.017	0.069	
Aspartic acid.....g	0.106		0		1		0.030	0.120	
Glutamic acid.....g	0.342		0		1		0.097	0.386	
Glycine.....g	0.048		0		1		0.014	0.054	
Proline.....g	0.116		0		1		0.033	0.131	
Serine.....g	0.101		0		1		0.029	0.114	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18320

Pie, lemon meringue, commercially prepared

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Measure 1	Measure 2	Measure 3
			of Data	Code	Code			
		Points	Code	Code				

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 1 piece (1/6 of 8" pie)

Calories Factors: Protein 4.2

Fat 8.9

Carbohydrate3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18321

Pie, lemon meringue, prepared from recipe

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	43.30		0		1		12.28	54.99	
Energy.....kcal	285		0	NC	4		81	362	
Energy.....kJ	1192				4		338	1514	
Protein (N x 0).....g	3.80		0		1		1.08	4.83	
Total lipid (fat).....g	12.90		0		1		3.66	16.38	
Ash.....g	0.90		0		1		0.26	1.14	
Carbohydrate, by difference.....g	39.10		0	NC	4		11.08	49.66	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	12		0		1		3	15	
Iron, Fe.....mg	1.00		0		1		0.28	1.27	
Magnesium, Mg.....mg	6		0		1		2	8	
Phosphorus, P.....mg	42		0		1		12	53	
Potassium, K.....mg	65		0		1		18	83	
Sodium, Na.....mg	242		0		1		69	307	
Zinc, Zn.....mg	0.28		0		1		0.08	0.36	
Copper, Cu.....mg	0.042		0		1		0.012	0.053	
Manganese, Mn.....mg	0.128		0		1		0.036	0.163	
Selenium, Se.....µg	11.6		0	RK	4		3.3	14.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	3.3		0		1		0.9	4.2	
Thiamin.....mg	0.118		0		1		0.033	0.150	
Riboflavin.....mg	0.159		0		1		0.045	0.202	
Niacin.....mg	0.944		0		1		0.268	1.199	
Pantothenic acid.....mg	0.214		0		1		0.061	0.272	
Vitamin B-6.....mg	0.027		0		1		0.008	0.034	
Folate, total.....µg	25		0	RK	4		7	32	
Folic acid.....µg	16		0	NC	4		5	20	
Folate, food.....µg	9		0		1		3	11	
Folate, DFE.....mcg_DFE	36		0	NC	4		10	46	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.12		0		1		0.03	0.15	
Vitamin A, RAE.....mcg_RAE	43		0	NC	4		12	54	
Retinol.....µg	41		0	NC	4		12	52	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	160		0		1		45	203	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	3.185		0		1		0.903	4.045	
4:0.....g	0.000		0		1		0.000	0.000	

NDB No. 18321

Pie, lemon meringue, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.047		0		1		0.013	0.060	
15:0.....g									
16:0.....g	1.881		0		1		0.533	2.389	
17:0.....g									
18:0.....g	1.249		0		1		0.354	1.586	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.582		0		1		1.582	7.089	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.038		0		1		0.011	0.048	
17:1.....g									
18:1 undifferentiated.....g	5.539		0		1		1.570	7.035	
20:1.....g	0.004		0		1		0.001	0.005	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.331		0		1		0.944	4.230	
18:2 undifferentiated.....g	3.121		0		1		0.885	3.964	
18:3 undifferentiated.....g	0.186		0		1		0.053	0.236	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.018		0		1		0.005	0.023	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.005		0		1		0.001	0.006	
Fatty acids, total trans.....g									
Cholesterol.....mg	53		0		1		15	67	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.046		0		1		0.013	0.058	
Threonine.....g	0.143		0		1		0.041	0.182	
Isoleucine.....g	0.169		0		1		0.048	0.215	
Leucine.....g	0.292		0		1		0.083	0.371	
Lysine.....g	0.181		0		1		0.051	0.230	
Methionine.....g	0.092		0		1		0.026	0.117	
Cystine.....g	0.083		0		1		0.024	0.105	
Phenylalanine.....g	0.194		0		1		0.055	0.246	
Tyrosine.....g	0.135		0		1		0.038	0.171	
Valine.....g	0.192		0		1		0.054	0.244	
Arginine.....g	0.191		0		1		0.054	0.243	
Histidine.....g	0.087		0		1		0.025	0.110	
Alanine.....g	0.166		0		1		0.047	0.211	
Aspartic acid.....g	0.272		0		1		0.077	0.345	
Glutamic acid.....g	0.864		0		1		0.245	1.097	
Glycine.....g	0.130		0		1		0.037	0.165	
Proline.....g	0.288		0		1		0.082	0.366	
Serine.....g	0.236		0		1		0.067	0.300	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18321

Pie, lemon meringue, prepared from recipe

Measure 2 = 127g: 1 piece (1/8 of 9" dia)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18322

Pie, mince, prepared from recipe

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	37.40		0		1		10.60	61.71	
Energy.....kcal	289		0	NC	4		82	477	
Energy.....kJ	1209		0		4		343	1995	
Protein (N x 0).....g	2.60		0		1		0.74	4.29	
Total lipid (fat).....g	10.80		0		1		3.06	17.82	
Ash.....g	1.20		0		1		0.34	1.98	
Carbohydrate, by difference.....g	48.00		0	NC	4		13.61	79.20	
Fiber, total dietary.....g	2.6		0		4		0.7	4.3	
Sugars, total.....g	28.31		0	RA	4		8.03	46.71	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	22		0		1		6	36	
Iron, Fe.....mg	1.49		0		1		0.42	2.46	
Magnesium, Mg.....mg	14		0		1		4	23	
Phosphorus, P.....mg	42		0		1		12	69	
Potassium, K.....mg	203		0		1		58	335	
Sodium, Na.....mg	254		0		1		72	419	
Zinc, Zn.....mg	0.22		0		1		0.06	0.36	
Copper, Cu.....mg	0.113		0		1		0.032	0.186	
Manganese, Mn.....mg	0.263		0		1		0.075	0.434	
Selenium, Se.....µg	6.6		0	RK	4		1.9	10.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	5.9		0		1		1.7	9.7	
Thiamin.....mg	0.150		0		1		0.043	0.248	
Riboflavin.....mg	0.105		0		1		0.030	0.173	
Niacin.....mg	1.189		0		1		0.337	1.962	
Pantothenic acid.....mg	0.100		0		1		0.028	0.165	
Vitamin B-6.....mg	0.065		0		1		0.018	0.107	
Folate, total.....µg	23		0	RK	4		7	38	
Folic acid.....µg	18		0	NC	4		5	30	
Folate, food.....µg	5		0		1		1	8	
Folate, DFE.....mcg_DFE	36		0	NC	4		10	59	
Choline, total.....mg	7.2		0	BFZN	4		2.0	11.9	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		0	2	
Retinol.....µg	0		0	RA	4		0	0	
Carotene, beta.....µg	5		0	RA	4		2	9	
Carotene, alpha.....µg	0		0	RA	4		0	0	
Cryptoxanthin, beta.....µg	12		0	RA	4		3	19	
Vitamin A, IU.....IU	22		0		1		6	36	
Lycopene.....µg	0		0	RA	4		0	0	
Lutein + zeaxanthin.....µg	13		0	RA	4		4	22	
Vitamin E (alpha-tocopherol).....mg	0.15		0	RA	4		0.04	0.24	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	5.4		0	RA	4		1.5	8.8	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Pie, mince, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points					
Fatty acids, total saturated.....g	2.682		0		1		0.760	4.425
4:0.....g	0.000		0		1		0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000
13:0.....g								
14:0.....g	0.043		0		1		0.012	0.071
15:0.....g								
16:0.....g	1.529		0		1		0.433	2.523
17:0.....g								
18:0.....g	1.110		0		1		0.315	1.832
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	4.654		0		1		1.319	7.679
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.001		0		1		0.000	0.002
17:1.....g								
18:1 undifferentiated.....g	4.654		0		1		1.319	7.679
20:1.....g	0.000		0		1		0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	2.842		0		1		0.806	4.689
18:2 undifferentiated.....g	2.661		0		1		0.754	4.391
18:3 undifferentiated.....g	0.180		0		1		0.051	0.297
18:4.....g	0.000		0		1		0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0		1		0	0
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.027		0		1		0.008	0.045
Threonine.....g	0.070		0		1		0.020	0.116
Isoleucine.....g	0.074		0		1		0.021	0.122
Leucine.....g	0.149		0		1		0.042	0.246
Lysine.....g	0.058		0		1		0.016	0.096
Methionine.....g	0.053		0		1		0.015	0.087
Cystine.....g	0.051		0		1		0.014	0.084
Phenylalanine.....g	0.112		0		1		0.032	0.185
Tyrosine.....g	0.070		0		1		0.020	0.116
Valine.....g	0.096		0		1		0.027	0.158
Arginine.....g	0.122		0		1		0.035	0.201
Histidine.....g	0.064		0		1		0.018	0.106
Alanine.....g	0.087		0		1		0.025	0.144
Aspartic acid.....g	0.157		0		1		0.045	0.259
Glutamic acid.....g	0.779		0		1		0.221	1.285
Glycine.....g	0.073		0		1		0.021	0.120
Proline.....g	0.232		0		1		0.066	0.383
Serine.....g	0.101		0		1		0.029	0.167
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	RA	4		0	0
Theobromine.....mg	0		0	RA	4		0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18322

Pie, mince, prepared from recipe

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 165g: 1 piece (1/8 of 9" dia)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18323

Pie, peach

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	54.40		2		1		15.42	63.65	
Energy.....kcal	223		0	NC	4		63	261	
Energy.....kJ	933		0		4		265	1092	
Protein (N x 5.8).....g	1.90		1		1		0.54	2.22	
Total lipid (fat).....g	10.00		1		1		2.84	11.70	
Ash.....g	0.80		1		1		0.23	0.94	
Carbohydrate, by difference.....g	32.90		0	NC	4		9.33	38.49	
Fiber, total dietary.....g	0.8		0		4		0.2	1.0	
Sugars, total.....g	6.19		0	FLC	4		1.75	7.24	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	8		1		1		2	9	
Iron, Fe.....mg	0.50		1		1		0.14	0.59	
Magnesium, Mg.....mg	6		0	FLA	4		2	7	
Phosphorus, P.....mg	22		0	FLA	4		6	26	
Potassium, K.....mg	125		1		1		35	146	
Sodium, Na.....mg	194		0	LC	8		55	227	
Zinc, Zn.....mg	0.09		2		1		0.03	0.11	
Copper, Cu.....mg	0.053		0	FLA	4		0.015	0.062	
Manganese, Mn.....mg	0.152		0	FLA	4		0.043	0.178	
Selenium, Se.....µg	1.3		0	FLA	4		0.4	1.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.9		0	FLA	4		0.3	1.1	
Thiamin.....mg	0.061		2		1		0.017	0.071	
Riboflavin.....mg	0.033		2		1		0.009	0.039	
Niacin.....mg	0.200		1		1		0.057	0.234	
Pantothenic acid.....mg	0.114		0	FLA	4		0.032	0.133	
Vitamin B-6.....mg	0.023		1		1		0.007	0.027	
Folate, total.....µg	29		0	FLC	4		8	34	
Folic acid.....µg	25		0		4		7	29	
Folate, food.....µg	4		0		4		1	5	
Folate, DFE.....mcg_DFE	47		0	NC	4		13	54	
Choline, total.....mg	7.2		0	BFZN	4		2.0	8.4	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	10		0	NC	4		3	12	
Retinol.....µg	4		0	FLC	4		1	4	
Carotene, beta.....µg	64		0	FLC	4		18	75	
Carotene, alpha.....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....µg	25		0	FLC	4		7	29	
Vitamin A, IU.....IU	140		0	NC	4		40	164	
Lycopene.....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....µg	15		0	FLC	4		4	17	
Vitamin E (alpha-tocopherol).....mg	0.94		0	FLC	4		0.27	1.10	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	3.3		0	FLC	4		0.9	3.9	
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code				
Fatty acids, total saturated.....g	1.508		0	FLA	4	0.428	1.764	
4:0.....g	0.000		0	FLA	4	0.000	0.000	
6:0.....g	0.000		0	FLA	4	0.000	0.000	
8:0.....g	0.000		0	FLA	4	0.000	0.000	
10:0.....g	0.000		0	FLA	4	0.000	0.000	
12:0.....g	0.000		0	FLA	4	0.000	0.000	
13:0.....g								
14:0.....g	0.011		0	FLA	4	0.003	0.013	
15:0.....g								
16:0.....g	0.995		0	FLA	4	0.282	1.164	
17:0.....g								
18:0.....g	0.501		0	FLA	4	0.142	0.586	
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	4.241		0	FLA	4	1.202	4.962	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.038		0	FLA	4	0.011	0.044	
17:1.....g								
18:1 undifferentiated.....g	4.193		0	FLA	4	1.189	4.906	
20:1.....g	0.000		0	FLA	4	0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4	0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	3.749		0	FLA	4	1.063	4.386	
18:2 undifferentiated.....g	3.485		0	FLA	4	0.988	4.077	
18:3 undifferentiated.....g	0.255		0	FLA	4	0.072	0.298	
18:4.....g	0.000		0	FLA	4	0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	FLA	4	0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4	0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4	0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4	0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0		1	0	0	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.022		0		1	0.006	0.026	
Threonine.....g	0.057		0		1	0.016	0.067	
Isoleucine.....g	0.067		0		1	0.019	0.078	
Leucine.....g	0.122		0		1	0.035	0.143	
Lysine.....g	0.064		0		1	0.018	0.075	
Methionine.....g	0.035		0		1	0.010	0.041	
Cystine.....g	0.035		0		1	0.010	0.041	
Phenylalanine.....g	0.081		0		1	0.023	0.095	
Tyrosine.....g	0.052		0		1	0.015	0.061	
Valine.....g	0.086		0		1	0.024	0.101	
Arginine.....g	0.066		0		1	0.019	0.077	
Histidine.....g	0.037		0		1	0.010	0.043	
Alanine.....g	0.069		0		1	0.020	0.081	
Aspartic acid.....g	0.132		0		1	0.037	0.154	
Glutamic acid.....g	0.538		0		1	0.153	0.629	
Glycine.....g	0.064		0		1	0.018	0.075	
Proline.....g	0.178		0		1	0.050	0.208	
Serine.....g	0.095		0		1	0.027	0.111	
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	
Caffeine.....mg	0		0	FLC	4	0	0	
Theobromine.....mg	0		0	FLC	4	0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18323

Pie, peach

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 117g: 1 piece (1/6 of 8" pie)

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	5		0	FLA	4	1	7	41	
Vitamin K (phylloquinone).....µg	15.5		2	A	1	4.4	20.6	129.1	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg	0.2		2	A	1	0.1	0.3	1.9	
Lipids:									
Fatty acids, total saturated.....g	2.654		0	NC	4	0.752	3.529	22.105	
4:0.....g	0.000		0	FLA	4	0.000	0.000	0.000	
6:0.....g	0.000		0	FLA	4	0.000	0.000	0.000	
8:0.....g	0.000		2	A	1	0.000	0.000	0.000	
10:0.....g	0.008		2	A	1	0.002	0.010	0.065	
12:0.....g	0.000		2	A	1	0.000	0.000	0.000	
13:0.....g	0.000		0	FLA	4	0.000	0.000	0.000	
14:0.....g	0.032		2	A	1	0.009	0.042	0.263	
15:0.....g	0.000		2	A	1	0.000	0.000	0.000	
16:0.....g	1.568		2	A	1	0.444	2.085	13.059	
17:0.....g	0.000		2	A	1	0.000	0.000	0.000	
18:0.....g	1.015		2	A	1	0.288	1.350	8.454	
20:0.....g	0.016		2	A	1	0.004	0.021	0.131	
22:0.....g	0.016		2	A	1	0.004	0.021	0.131	
24:0.....g	0.000		2	A	1	0.000	0.000	0.000	
Fatty acids, total monounsaturated.....g	8.317		0	NC	4	2.358	11.061	69.279	
14:1.....g	0.000		2	A	1	0.000	0.000	0.000	
15:1.....g	0.000		2	A	1	0.000	0.000	0.000	
16:1 undifferentiated.....g	0.043		2	A	1	0.012	0.058	0.362	
17:1.....g	0.000		2	A	1	0.000	0.000	0.000	
18:1 undifferentiated.....g	8.238		2	A	1	2.335	10.956	68.622	
20:1.....g	0.036		2	A	1	0.010	0.047	0.296	
22:1 undifferentiated.....g	0.000		2	A	1	0.000	0.000	0.000	
24:1 c.....g	0.000		2	A	1	0.000	0.000	0.000	
Fatty acids, total polyunsaturated.....g	3.554		0	NC	4	1.008	4.727	29.607	
18:2 undifferentiated.....g	3.361		2	A	1	0.953	4.470	27.995	
18:3 undifferentiated.....g	0.193		2	A	1	0.055	0.257	1.612	
18:4.....g	0.000		2	A	1	0.000	0.000	0.000	
20:2 n-6 c,c.....g	0.000		2	A	1	0.000	0.000	0.000	
20:3 undifferentiated.....g	0.000		2	A	1	0.000	0.000	0.000	
20:4 undifferentiated.....g	0.000		2	A	1	0.000	0.000	0.000	
20:5 n-3 (EPA).....g	0.000		2	A	1	0.000	0.000	0.000	
22:5 n-3 (DPA).....g	0.000		2	A	1	0.000	0.000	0.000	
22:6 n-3 (DHA).....g	0.000		2	A	1	0.000	0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	42		0	FLA	4	12	56	351	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.050		0	A	1	0.014	0.067	0.418	
Threonine.....g	0.146		0	A	1	0.041	0.194	1.214	
Isoleucine.....g	0.170		0	A	1	0.048	0.226	1.415	
Leucine.....g	0.310		0	A	1	0.088	0.413	2.585	
Lysine.....g	0.125		0	A	1	0.035	0.166	1.041	
Methionine.....g	0.080		0	A	1	0.023	0.107	0.668	
Cystine.....g	0.080		0	A	1	0.023	0.107	0.668	
Phenylalanine.....g	0.205		0	A	1	0.058	0.272	1.705	
Tyrosine.....g	0.090		0	A	1	0.025	0.119	0.747	
Valine.....g	0.215		0	A	1	0.061	0.286	1.790	
Arginine.....g	0.290		0	A	1	0.082	0.385	2.414	
Histidine.....g	0.105		0	A	1	0.030	0.140	0.875	
Alanine.....g	0.195		0	A	1	0.055	0.260	1.627	
Aspartic acid.....g	0.340		0	A	1	0.097	0.453	2.836	
Glutamic acid.....g	0.953		0	A	1	0.270	1.268	7.940	
Glycine.....g	0.175		0	A	1	0.050	0.233	1.460	
Proline.....g	0.254		0	A	1	0.072	0.337	2.114	
Serine.....g	0.216		0	A	1	0.061	0.287	1.798	

NDB No. 18324

Pie, pecan, commercially prepared

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code				
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4	0.0	0.0	0.0	
Caffeine.....mg	0		0	FLA	4	0	0	0	
Theobromine.....mg	0		0	FLA	4	0	0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 28.35g: 1 oz
- Measure 2 = 133g: 1 slice
- Measure 3 = 833g: 1 pie

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18325

Pie, pecan, prepared from recipe

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	19.50		0		1		5.53	23.79	
Energy.....kcal	412		0	NC	4		117	503	
Energy.....kJ	1724				4		489	2103	
Protein (N x 0).....g	4.90		0		1		1.39	5.98	
Total lipid (fat).....g	22.20		0		1		6.29	27.08	
Ash.....g	1.10		0		1		0.31	1.34	
Carbohydrate, by difference.....g	52.20		0	NC	4		14.80	63.68	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	32		0		1		9	39	
Iron, Fe.....mg	1.48		0		1		0.42	1.81	
Magnesium, Mg.....mg	26		0		1		7	32	
Phosphorus, P.....mg	94		0		1		27	115	
Potassium, K.....mg	133		0		1		38	162	
Sodium, Na.....mg	262		0		1		74	320	
Zinc, Zn.....mg	1.02		0		1		0.29	1.24	
Copper, Cu.....mg	0.211		0		1		0.060	0.257	
Manganese, Mn.....mg	0.712		0		1		0.202	0.869	
Selenium, Se.....µg	12.0		0	RK	4		3.4	14.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		0		1		0.1	0.2	
Thiamin.....mg	0.188		0		1		0.053	0.229	
Riboflavin.....mg	0.180		0		1		0.051	0.220	
Niacin.....mg	0.847		0		1		0.240	1.033	
Pantothenic acid.....mg	0.479		0		1		0.136	0.584	
Vitamin B-6.....mg	0.060		0		1		0.017	0.073	
Folate, total.....µg	26		0	RK	4		7	32	
Folic acid.....µg	12		0	NC	4		3	15	
Folate, food.....µg	14		0		1		4	17	
Folate, DFE.....mcg_DFE	34		0	NC	4		10	42	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.17		0		1		0.05	0.21	
Vitamin A, RAE.....mcg_RAE	82		0	NC	4		23	100	
Retinol.....µg	77		0		4		22	94	
Carotene, beta.....µg	60		0	RK	4		17	73	
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	357		0	NC	4		101	435	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	3.989		0		1		1.131	4.867	
4:0.....g	0.000		0		1		0.000	0.000	

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Pie, pecan, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.001		0		1		0.000	0.001	
10:0.....g	0.001		0		1		0.000	0.001	
12:0.....g	0.001		0		1		0.000	0.001	
13:0.....g									
14:0.....g	0.047		0		1		0.013	0.057	
15:0.....g									
16:0.....g	2.549		0		1		0.723	3.110	
17:0.....g									
18:0.....g	1.382		0		1		0.392	1.686	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	11.181		0		1		3.170	13.641	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.099		0		1		0.028	0.121	
17:1.....g									
18:1 undifferentiated.....g	11.018		0		1		3.124	13.442	
20:1.....g	0.063		0		1		0.018	0.077	
22:1 undifferentiated.....g	0.001		0		1		0.000	0.001	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.710		0		1		1.619	6.966	
18:2 undifferentiated.....g	5.402		0		1		1.531	6.590	
18:3 undifferentiated.....g	0.271		0		1		0.077	0.331	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.029		0		1		0.008	0.035	
20:5 n-3 (EPA).....g	0.001		0		1		0.000	0.001	
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.008		0		1		0.002	0.010	
Fatty acids, total trans.....g									
Cholesterol.....mg	87		0		1		25	106	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.069		0		1		0.020	0.084	
Threonine.....g	0.189		0		1		0.054	0.231	
Isoleucine.....g	0.223		0		1		0.063	0.272	
Leucine.....g	0.372		0		1		0.105	0.454	
Lysine.....g	0.248		0		1		0.070	0.303	
Methionine.....g	0.125		0		1		0.035	0.153	
Cystine.....g	0.111		0		1		0.031	0.135	
Phenylalanine.....g	0.250		0		1		0.071	0.305	
Tyrosine.....g	0.178		0		1		0.050	0.217	
Valine.....g	0.255		0		1		0.072	0.311	
Arginine.....g	0.325		0		1		0.092	0.397	
Histidine.....g	0.116		0		1		0.033	0.142	
Alanine.....g	0.223		0		1		0.063	0.272	
Aspartic acid.....g	0.392		0		1		0.111	0.478	
Glutamic acid.....g	0.972		0		1		0.276	1.186	
Glycine.....g	0.176		0		1		0.050	0.215	
Proline.....g	0.305		0		1		0.086	0.372	
Serine.....g	0.301		0		1		0.085	0.367	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18325

Pie, pecan, prepared from recipe

Measure 2 = 122g: 1 piece (1/8 of 9" dia)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

Pie, pumpkin, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	3		0	FLA	4	1	4	30	
Vitamin K (phylloquinone).....µg	13.2		2	A	1	3.8	17.6	131.8	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg	0.0		2	A	1	0.0	0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	1.988		0	NC	4	0.563	2.643	19.776	
4:0.....g	0.007		0	FLA	4	0.002	0.009	0.069	
6:0.....g	0.001		0	FLA	4	0.000	0.001	0.010	
8:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
10:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
12:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
13:0.....g	0.000		0	FLA	4	0.000	0.000	0.000	
14:0.....g	0.027	0.003	3	A	1	0.008	0.035	0.264	
15:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
16:0.....g	1.107	0.106	3	A	1	0.314	1.472	11.011	
17:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
18:0.....g	0.810	0.081	3	A	1	0.230	1.077	8.059	
20:0.....g	0.013	0.003	3	A	1	0.004	0.018	0.132	
22:0.....g	0.023	0.003	3	A	1	0.007	0.031	0.231	
24:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
Fatty acids, total monounsaturated.....g	4.600		0	NC	4	1.304	6.118	45.768	
14:1.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
15:1.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
16:1 undifferentiated.....g	0.033	0.003	3	A	1	0.009	0.044	0.331	
17:1.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
18:1 undifferentiated.....g	4.567	0.645	3	A	1	1.295	6.074	45.437	
20:1.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
22:1 undifferentiated.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
24:1 c.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
Fatty acids, total polyunsaturated.....g	1.770		0	NC	4	0.502	2.354	17.611	
18:2 undifferentiated.....g	1.650	0.060	3	A	1	0.468	2.194	16.417	
18:3 undifferentiated.....g	0.117	0.029	3	A	1	0.033	0.155	1.161	
18:4.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
20:4 undifferentiated.....g	0.003	0.003	3	A	1	0.001	0.004	0.033	
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	26		0	FLA	4	8	35	263	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.048		0	A	1	0.014	0.064	0.479	
Threonine.....g	0.154		0	A	1	0.044	0.205	1.533	
Isoleucine.....g	0.158		0	A	1	0.045	0.210	1.574	
Leucine.....g	0.297		0	A	1	0.084	0.396	2.960	
Lysine.....g	0.192		0	A	1	0.054	0.256	1.912	
Methionine.....g	0.249		0	A	1	0.071	0.331	2.475	
Cystine.....g	0.062		0	A	1	0.018	0.082	0.615	
Phenylalanine.....g	0.175		0	A	1	0.050	0.233	1.743	
Tyrosine.....g	0.118		0	A	1	0.033	0.157	1.175	
Valine.....g	0.211		0	A	1	0.060	0.281	2.101	
Arginine.....g	0.154		0	A	1	0.044	0.205	1.533	
Histidine.....g	0.088		0	A	1	0.025	0.116	0.871	
Alanine.....g	0.150		0	A	1	0.043	0.199	1.492	
Aspartic acid.....g	0.299		0	A	1	0.085	0.397	2.972	
Glutamic acid.....g	0.844		0	A	1	0.239	1.123	8.403	
Glycine.....g	0.115		0	A	1	0.033	0.153	1.147	
Proline.....g	0.286		0	A	1	0.081	0.380	2.844	
Serine.....g	0.220		0	A	1	0.062	0.292	2.188	

NDB No. 18326

Pie, pumpkin, commercially prepared

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code						
Hydroxyproline.....g										
Others:										
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	0	
Theobromine.....mg	0		0	FLA	4		0	0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 28.35g: 1 oz
- Measure 2 = 133g: 1 slice
- Measure 3 = 995g: 1 pie

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18327

Pie, pumpkin, prepared from recipe

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	58.50		0		1		16.58	90.68	
Energy.....kcal	204		0	NC	4		58	316	
Energy.....kJ	854				4		242	1323	
Protein (N x 0).....g	4.50		0		1		1.28	6.98	
Total lipid (fat).....g	9.30		0		1		2.64	14.42	
Ash.....g	1.30		0		1		0.37	2.02	
Carbohydrate, by difference.....g	26.40		0	NC	4		7.48	40.92	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	94		0		1		27	146	
Iron, Fe.....mg	1.27		0		1		0.36	1.97	
Magnesium, Mg.....mg	19		0		1		5	29	
Phosphorus, P.....mg	98		0		1		28	152	
Potassium, K.....mg	186		0		1		53	288	
Sodium, Na.....mg	225		0		1		64	349	
Zinc, Zn.....mg	0.46		0		1		0.13	0.71	
Copper, Cu.....mg	0.066		0		1		0.019	0.102	
Manganese, Mn.....mg	0.198		0		1		0.056	0.307	
Selenium, Se.....µg	7.1		0	RK	4		2.0	11.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.7		0		1		0.5	2.6	
Thiamin.....mg	0.092		0		1		0.026	0.143	
Riboflavin.....mg	0.201		0		1		0.057	0.312	
Niacin.....mg	0.782		0		1		0.222	1.212	
Pantothenic acid.....mg	0.445		0		1		0.126	0.690	
Vitamin B-6.....mg	0.047		0		1		0.013	0.073	
Folate, total.....µg	21		0	RK	4		6	33	
Folic acid.....µg	10		0	NC	4		3	16	
Folate, food.....µg	11		0		1		3	17	
Folate, DFE.....mcg_DFE	28		0	NC	4		8	43	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.09		0		1		0.03	0.14	
Vitamin A, RAE.....mcg_RAE	426		0	NC	4		121	660	
Retinol.....µg	30		0	RK	4		9	47	
Carotene, beta.....µg	4752		0	RK	4		1347	7366	
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	8020		0	NC	4		2274	12431	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	3.171		0		1		0.899	4.915	
4:0.....g	0.057		0		1		0.016	0.088	

Pie, pumpkin, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.039		0		1		0.011	0.060	
8:0.....g	0.016		0		1		0.005	0.025	
10:0.....g	0.032		0		1		0.009	0.050	
12:0.....g	0.049		0		1		0.014	0.076	
13:0.....g									
14:0.....g	0.247		0		1		0.070	0.383	
15:0.....g									
16:0.....g	1.675		0		1		0.475	2.596	
17:0.....g									
18:0.....g	0.977		0		1		0.277	1.514	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.697		0		1		1.048	5.730	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.077		0		1		0.022	0.119	
17:1.....g									
18:1 undifferentiated.....g	3.594		0		1		1.019	5.571	
20:1.....g	0.002		0		1		0.001	0.003	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.810		0		1		0.513	2.806	
18:2 undifferentiated.....g	1.668		0		1		0.473	2.585	
18:3 undifferentiated.....g	0.128		0		1		0.036	0.198	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.011		0		1		0.003	0.017	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.003		0		1		0.001	0.005	
Fatty acids, total trans.....g									
Cholesterol.....mg	42		0		1		12	65	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.059		0		1		0.017	0.091	
Threonine.....g	0.180		0		1		0.051	0.279	
Isoleucine.....g	0.226		0		1		0.064	0.350	
Leucine.....g	0.376		0		1		0.107	0.583	
Lysine.....g	0.276		0		1		0.078	0.428	
Methionine.....g	0.105		0		1		0.030	0.163	
Cystine.....g	0.067		0		1		0.019	0.104	
Phenylalanine.....g	0.219		0		1		0.062	0.339	
Tyrosine.....g	0.187		0		1		0.053	0.290	
Valine.....g	0.253		0		1		0.072	0.392	
Arginine.....g	0.199		0		1		0.056	0.308	
Histidine.....g	0.109		0		1		0.031	0.169	
Alanine.....g	0.171		0		1		0.048	0.265	
Aspartic acid.....g	0.339		0		1		0.096	0.525	
Glutamic acid.....g	1.004		0		1		0.285	1.556	
Glycine.....g	0.127		0		1		0.036	0.197	
Proline.....g	0.375		0		1		0.106	0.581	
Serine.....g	0.256		0		1		0.073	0.397	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18327

Pie, pumpkin, prepared from recipe

Measure 2 = 155g: 1 piece (1/8 of 9" dia)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18328

Pie, vanilla cream, prepared from recipe

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	47.00		0		1		13.32	59.22	
Energy.....kcal	278		0	NC	4		79	350	
Energy.....kJ	1163		0		4		330	1466	
Protein (N x 0).....g	4.80		0		1		1.36	6.05	
Total lipid (fat).....g	14.40		0		1		4.08	18.14	
Ash.....g	1.20		0		1		0.34	1.51	
Carbohydrate, by difference.....g	32.60		0	NC	4		9.24	41.08	
Fiber, total dietary.....g	0.6		0		4		0.2	0.8	
Sugars, total.....g	12.68		0	RK	4		3.60	15.98	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	90		0		1		26	113	
Iron, Fe.....mg	1.02		0		1		0.29	1.29	
Magnesium, Mg.....mg	13		0		1		4	16	
Phosphorus, P.....mg	104		0		1		29	131	
Potassium, K.....mg	126		0		1		36	159	
Sodium, Na.....mg	260		0		1		74	328	
Zinc, Zn.....mg	0.53		0		1		0.15	0.67	
Copper, Cu.....mg	0.039		0		1		0.011	0.049	
Manganese, Mn.....mg	0.128		0		1		0.036	0.161	
Selenium, Se.....µg	9.5		0	RK	4		2.7	12.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.5		0		1		0.1	0.6	
Thiamin.....mg	0.139		0		1		0.039	0.175	
Riboflavin.....mg	0.216		0		1		0.061	0.272	
Niacin.....mg	0.984		0		1		0.279	1.240	
Pantothenic acid.....mg	0.415		0		1		0.118	0.523	
Vitamin B-6.....mg	0.049		0		1		0.014	0.062	
Folate, total.....µg	26		0	RK	4		7	33	
Folic acid.....µg	15		0	NC	4		4	19	
Folate, food.....µg	11		0		1		3	14	
Folate, DFE.....mcg_DFE	37		0	NC	4		10	46	
Choline, total.....mg	32.8		0	RK	4		9.3	41.3	
Betaine.....mg									
Vitamin B-12.....µg	0.30		0		1		0.09	0.38	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	83		0	NC	4		24	105	
Retinol.....µg	81		0	RKI	6		23	102	
Carotene, beta.....µg	22		0	RKI	6		6	27	
Carotene, alpha.....µg	2		0	RKI	6		0	2	
Cryptoxanthin, beta.....µg	1		0	RKI	6		0	2	
Vitamin A, IU.....IU	306		0		1		87	386	
Lycopene.....µg	0		0	RKI	6		0	0	
Lutein + zeaxanthin.....µg	52		0	RKI	6		15	65	
Vitamin E (alpha-tocopherol).....mg	0.45		0	RKI	6		0.13	0.57	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	1.2		0	RKI	6		0.3	1.5	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	47		0	RKI	6		13	59	
Vitamin K (phylloquinone).....µg	6.7		0	RKI	6		1.9	8.4	
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									
Lipids:									

Pie, vanilla cream, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points					
Fatty acids, total saturated.....g	4.030		0		1		1.143	5.078
4:0.....g	0.042		0		1		0.012	0.053
6:0.....g	0.025		0		1		0.007	0.032
8:0.....g	0.015		0		1		0.004	0.019
10:0.....g	0.033		0		1		0.009	0.042
12:0.....g	0.037		0		1		0.010	0.047
13:0.....g								
14:0.....g	0.179		0		1		0.051	0.226
15:0.....g								
16:0.....g	2.263		0		1		0.642	2.851
17:0.....g								
18:0.....g	1.426		0		1		0.404	1.797
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	6.043		0		1		1.713	7.614
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.070		0		1		0.020	0.088
17:1.....g								
18:1 undifferentiated.....g	5.965		0		1		1.691	7.516
20:1.....g	0.004		0		1		0.001	0.005
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	3.438		0		1		0.975	4.332
18:2 undifferentiated.....g	3.205		0		1		0.909	4.038
18:3 undifferentiated.....g	0.208		0		1		0.059	0.262
18:4.....g	0.000		0		1		0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.020		0		1		0.006	0.025
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000
22:6 n-3 (DHA).....g	0.005		0		1		0.001	0.006
Fatty acids, total trans.....g								
Cholesterol.....mg	62		0		1		18	78
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.060		0		1		0.017	0.076
Threonine.....g	0.184		0		1		0.052	0.232
Isoleucine.....g	0.228		0		1		0.065	0.287
Leucine.....g	0.397		0		1		0.113	0.500
Lysine.....g	0.266		0		1		0.075	0.335
Methionine.....g	0.103		0		1		0.029	0.130
Cystine.....g	0.071		0		1		0.020	0.089
Phenylalanine.....g	0.224		0		1		0.064	0.282
Tyrosine.....g	0.189		0		1		0.054	0.238
Valine.....g	0.255		0		1		0.072	0.321
Arginine.....g	0.203		0		1		0.058	0.256
Histidine.....g	0.117		0		1		0.033	0.147
Alanine.....g	0.169		0		1		0.048	0.213
Aspartic acid.....g	0.309		0		1		0.088	0.389
Glutamic acid.....g	1.143		0		1		0.324	1.440
Glycine.....g	0.133		0		1		0.038	0.168
Proline.....g	0.444		0		1		0.126	0.559
Serine.....g	0.269		0		1		0.076	0.339
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	RKI	6		0	0
Theobromine.....mg	0		0	RKI	6		0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18328

Pie, vanilla cream, prepared from recipe

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 126g: 1 piece (1/8 of 9" dia)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18339
 Popovers, dry mix, enriched

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	11.70	0.123	19		1		3.32	19.89	
Energy.....kcal	371		0	NC	4		105	631	
Energy.....kJ	1552				4		440	2639	
Protein (N x 5.7).....g	10.40	0.079	15		1		2.95	17.68	
Total lipid (fat).....g	4.30	0.133	19		1		1.22	7.31	
Ash.....g	2.60	0.033	11		1		0.74	4.42	
Carbohydrate, by difference.....g	71.00		0	NC	4		20.13	120.70	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	32	0.853	11		1		9	54	
Iron, Fe.....mg	2.97	0.583	4		1		0.84	5.05	
Magnesium, Mg.....mg	25	0.707	5		1		7	43	
Phosphorus, P.....mg	100	2.288	11		1		28	170	
Potassium, K.....mg	100	2.639	5		1		28	170	
Sodium, Na.....mg	906	34.871	5		1		257	1540	
Zinc, Zn.....mg	0.88		0	FLA	4		0.25	1.50	
Copper, Cu.....mg	0.171		0	FLA	4		0.048	0.291	
Manganese, Mn.....mg	0.741		0	FLA	4		0.210	1.260	
Selenium, Se.....µg	37.6		0	FLA	4		10.7	63.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	FLA	4		0.0	0.2	
Thiamin.....mg	0.430	0.098	5		1		0.122	0.731	
Riboflavin.....mg	0.147	0.028	5		1		0.042	0.250	
Niacin.....mg	3.378	0.567	4		1		0.958	5.743	
Pantothenic acid.....mg	0.480		0	FLA	4		0.136	0.816	
Vitamin B-6.....mg	0.042		0	FLA	4		0.012	0.071	
Folate, total.....µg	145		0	FLA	4		41	247	
Folic acid.....µg	120		0	NC	4		34	204	
Folate, food.....µg	25		0		4		7	43	
Folate, DFE.....mcg_DFE	229		0	NC	4		65	389	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.08		0	FLA	4		0.02	0.14	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	FLA	4		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.983		0		1		0.279	1.671	
4:0.....g	0.001		0		1		0.000	0.002	

NDB No. 18339
Popovers, dry mix, enriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.018		0		1		0.005	0.031	
15:0.....g									
16:0.....g	0.555		0		1		0.157	0.944	
17:0.....g									
18:0.....g	0.408		0		1		0.116	0.694	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.984		0		1		0.562	3.373	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	1.984		0		1		0.562	3.373	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.823		0		1		0.233	1.399	
18:2 undifferentiated.....g	0.784		0		1		0.222	1.333	
18:3 undifferentiated.....g	0.039		0		1		0.011	0.066	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.123		0		1		0.035	0.209	
Threonine.....g	0.293		0		1		0.083	0.498	
Isoleucine.....g	0.407		0		1		0.115	0.692	
Leucine.....g	0.747		0		1		0.212	1.270	
Lysine.....g	0.249		0		1		0.071	0.423	
Methionine.....g	0.191		0		1		0.054	0.325	
Cystine.....g	0.225		0		1		0.064	0.383	
Phenylalanine.....g	0.517		0		1		0.147	0.879	
Tyrosine.....g	0.304		0		1		0.086	0.517	
Valine.....g	0.458		0		1		0.130	0.779	
Arginine.....g	0.365		0		1		0.103	0.621	
Histidine.....g	0.229		0		1		0.065	0.389	
Alanine.....g	0.324		0		1		0.092	0.551	
Aspartic acid.....g	0.451		0		1		0.128	0.767	
Glutamic acid.....g	3.565		0		1		1.011	6.061	
Glycine.....g	0.348		0		1		0.099	0.592	
Proline.....g	1.216		0		1		0.345	2.067	
Serine.....g	0.513		0		1		0.145	0.872	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18339

Popovers, dry mix, enriched

Measure 2 = 170g: 1 package (6 oz)

Calories Factors: Protein 4.1

Fat 8.7

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18447
 Popovers, dry mix, unenriched

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	11.70	0.123	19		1		3.32	19.89	
Energy.....kcal	371		0	NC	4		105	631	
Energy.....kJ	1552				4		440	2639	
Protein (N x 5.7).....g	10.40	0.079	15		1		2.95	17.68	
Total lipid (fat).....g	4.30	0.133	19		1		1.22	7.31	
Ash.....g	2.60	0.033	11		1		0.74	4.42	
Carbohydrate, by difference.....g	71.00		0		4		20.13	120.70	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	32	0.853	11		1		9	54	
Iron, Fe.....mg	0.82		0		4		0.23	1.39	
Magnesium, Mg.....mg	25	0.707	5		1		7	43	
Phosphorus, P.....mg	100	2.288	11		1		28	170	
Potassium, K.....mg	100	2.639	5		1		28	170	
Sodium, Na.....mg	906	34.871	5		1		257	1540	
Zinc, Zn.....mg	0.88		0	BFZN	4		0.25	1.50	
Copper, Cu.....mg	0.174		0	BFZN	4		0.049	0.296	
Manganese, Mn.....mg	0.741		0	BFZN	4		0.210	1.260	
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	BFZN	4		0.0	0.2	
Thiamin.....mg	0.101		0		4		0.029	0.172	
Riboflavin.....mg	0.026		0		4		0.007	0.044	
Niacin.....mg	1.041		0		4		0.295	1.770	
Pantothenic acid.....mg	0.480		0	BFZN	4		0.136	0.816	
Vitamin B-6.....mg	0.042		0	BFZN	4		0.012	0.071	
Folate, total.....µg	25		0		4		7	43	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	25		0		4		7	43	
Folate, DFE.....mcg_DFE	25		0	NC	4		7	43	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.08		0	BFZN	4		0.02	0.14	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	BFZN	4		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.983		0		4		0.279	1.671	
4:0.....g	0.001		0		4		0.000	0.002	

NDB No. 18447
Popovers, dry mix, unenriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points					
6:0.....g	0.000		0		4	0.000	0.000	
8:0.....g	0.000		0		4	0.000	0.000	
10:0.....g	0.000		0		4	0.000	0.000	
12:0.....g	0.000		0		4	0.000	0.000	
13:0.....g								
14:0.....g	0.018		0		4	0.005	0.031	
15:0.....g								
16:0.....g	0.555		0		4	0.157	0.944	
17:0.....g								
18:0.....g	0.408		0		4	0.116	0.694	
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	1.984		0		4	0.562	3.373	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.000		0		4	0.000	0.000	
17:1.....g								
18:1 undifferentiated.....g	1.984		0		4	0.562	3.373	
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.823		0		4	0.233	1.399	
18:2 undifferentiated.....g	0.784		0		4	0.222	1.333	
18:3 undifferentiated.....g	0.039		0		4	0.011	0.066	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3 (EPA).....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0		4	0	0	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.123		0		4	0.035	0.209	
Threonine.....g	0.293		0		4	0.083	0.498	
Isoleucine.....g	0.407		0		4	0.115	0.692	
Leucine.....g	0.747		0		4	0.212	1.270	
Lysine.....g	0.249		0		4	0.071	0.423	
Methionine.....g	0.191		0		4	0.054	0.325	
Cystine.....g	0.225		0		4	0.064	0.383	
Phenylalanine.....g	0.517		0		4	0.147	0.879	
Tyrosine.....g	0.304		0		4	0.086	0.517	
Valine.....g	0.458		0		4	0.130	0.779	
Arginine.....g	0.365		0		4	0.103	0.621	
Histidine.....g	0.229		0		4	0.065	0.389	
Alanine.....g	0.324		0		4	0.092	0.551	
Aspartic acid.....g	0.451		0		4	0.128	0.767	
Glutamic acid.....g	3.565		0		4	1.011	6.061	
Glycine.....g	0.348		0		4	0.099	0.592	
Proline.....g	1.216		0		4	0.345	2.067	
Serine.....g	0.513		0		4	0.145	0.872	
Hydroxyproline.....g								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18447

Popovers, dry mix, unenriched

Measure 2 = 170g: 1 package (6 oz)

Calories Factors: Protein 4.1

Fat 8.7

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18337

Puff pastry, frozen, ready-to-bake

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	8.50		0		1		2.41	4.00	
Energy.....kcal	551		0	NC	4		156	259	
Energy.....kJ	2305		0		4		654	1084	
Protein (N x 0).....g	7.30		0		1		2.07	3.43	
Total lipid (fat).....g	38.10		0		1		10.80	17.91	
Ash.....g	1.00		0		1		0.28	0.47	
Carbohydrate, by difference.....g	45.10		0	NC	4		12.79	21.20	
Fiber, total dietary.....g	1.5		0		4		0.4	0.7	
Sugars, total.....g	0.74		0	FLC	4		0.21	0.35	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	10		0		1		3	5	
Iron, Fe.....mg	2.56		0		1		0.73	1.20	
Magnesium, Mg.....mg	16		0		1		5	8	
Phosphorus, P.....mg	60		0		1		17	28	
Potassium, K.....mg	61		0		1		17	29	
Sodium, Na.....mg	249		0		1		71	117	
Zinc, Zn.....mg	0.53		0		1		0.15	0.25	
Copper, Cu.....mg	0.114		0		1		0.032	0.054	
Manganese, Mn.....mg	0.488		0		1		0.138	0.229	
Selenium, Se.....µg	24.2		0	FLA	4		6.9	11.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.398		0		1		0.113	0.187	
Riboflavin.....mg	0.283		0		1		0.080	0.133	
Niacin.....mg	4.168		0		1		1.182	1.959	
Pantothenic acid.....mg	0.000		0		1		0.000	0.000	
Vitamin B-6.....mg	0.021		0		1		0.006	0.010	
Folate, total.....µg	78		0	FLC	4		22	37	
Folic acid.....µg	65		0		4		18	31	
Folate, food.....µg	13		0		1		4	6	
Folate, DFE.....mcg_DFE	124		0	NC	4		35	58	
Choline, total.....mg	6.4		0	FLC	4		1.8	3.0	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	FLC	4		0	0	
Carotene, beta.....µg	0		0	FLC	4		0	0	
Carotene, alpha.....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLC	4		0	0	
Vitamin A, IU.....IU	1		0	NC	4		0	0	
Lycopene.....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....µg	43		0	FLC	4		12	20	
Vitamin E (alpha-tocopherol).....mg	0.54		0	FLC	4		0.15	0.25	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	16.1		0	FLC	4		4.6	7.6	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	9.643		0	FLA	4		2.734	4.532	
4:0.....g	0.000		0	FLA	4		0.000	0.000	

Puff pastry, frozen, ready-to-bake

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.186		0	FLA	4		0.053	0.087	
15:0.....g									
16:0.....g	4.954		0	FLA	4		1.404	2.328	
17:0.....g									
18:0.....g	4.494		0	FLA	4		1.274	2.112	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	21.597		0	FLA	4		6.123	10.151	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	FLA	4		0.001	0.001	
17:1.....g									
18:1 undifferentiated.....g	21.594		0	FLA	4		6.122	10.149	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.894		0	FLA	4		1.387	2.300	
18:2 undifferentiated.....g	4.645		0	FLA	4		1.317	2.183	
18:3 undifferentiated.....g	0.249		0	FLA	4		0.071	0.117	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.085		0		1		0.024	0.040	
Threonine.....g	0.196		0		1		0.056	0.092	
Isoleucine.....g	0.272		0		1		0.077	0.128	
Leucine.....g	0.508		0		1		0.144	0.239	
Lysine.....g	0.142		0		1		0.040	0.067	
Methionine.....g	0.129		0		1		0.037	0.061	
Cystine.....g	0.165		0		1		0.047	0.078	
Phenylalanine.....g	0.362		0		1		0.103	0.170	
Tyrosine.....g	0.201		0		1		0.057	0.094	
Valine.....g	0.308		0		1		0.087	0.145	
Arginine.....g	0.255		0		1		0.072	0.120	
Histidine.....g	0.156		0		1		0.044	0.073	
Alanine.....g	0.224		0		1		0.064	0.105	
Aspartic acid.....g	0.296		0		1		0.084	0.139	
Glutamic acid.....g	2.574		0		1		0.730	1.210	
Glycine.....g	0.251		0		1		0.071	0.118	
Proline.....g	0.864		0		1		0.245	0.406	
Serine.....g	0.356		0		1		0.101	0.167	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18337

Puff pastry, frozen, ready-to-bake

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 47g: 1 shell

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18211

Puff pastry, frozen, ready-to-bake, baked

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	7.40		0		1		2.10	18.13	2.96
Energy.....kcal	558		0	NC	4		158	1367	223
Energy.....kJ	2335		0		4		662	5720	934
Protein (N x 0).....g	7.40		0		1		2.10	18.13	2.96
Total lipid (fat).....g	38.50		0		1		10.91	94.33	15.40
Ash.....g	1.00		0		1		0.28	2.45	0.40
Carbohydrate, by difference.....g	45.70		0	NC	4		12.96	111.97	18.28
Fiber, total dietary.....g	1.5		0		4		0.4	3.7	0.6
Sugars, total.....g	0.75		0	RA	4		0.21	1.83	0.30
Starch.....g									
Minerals:									
Calcium, Ca.....mg	10		0		1		3	25	4
Iron, Fe.....mg	2.60		0		1		0.74	6.37	1.04
Magnesium, Mg.....mg	16		0		1		5	39	6
Phosphorus, P.....mg	60		0		1		17	147	24
Potassium, K.....mg	62		0		1		18	152	25
Sodium, Na.....mg	253		0		1		72	620	101
Zinc, Zn.....mg	0.54		0		1		0.15	1.32	0.22
Copper, Cu.....mg	0.115		0		1		0.033	0.282	0.046
Manganese, Mn.....mg	0.495		0		1		0.140	1.213	0.198
Selenium, Se.....µg	24.5		0	RK	4		6.9	60.0	9.8
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.323		0		1		0.092	0.791	0.129
Riboflavin.....mg	0.258		0		1		0.073	0.632	0.103
Niacin.....mg	3.800		0		1		1.077	9.310	1.520
Pantothenic acid.....mg	0.000		0		1		0.000	0.000	0.000
Vitamin B-6.....mg	0.019		0		1		0.005	0.047	0.008
Folate, total.....µg	55		0	RA	4		16	136	22
Folic acid.....µg	46		0		4		13	113	18
Folate, food.....µg	9		0		1		3	22	4
Folate, DFE.....mcg_DFE	87		0	NC	4		25	214	35
Choline, total.....mg	6.2		0	RA	4		1.8	15.2	2.5
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....µg	0		0	RA	4		0	0	0
Carotene, beta.....µg	0		0	RA	4		0	1	0
Carotene, alpha.....µg	0		0	RA	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	RA	4		0	0	0
Vitamin A, IU.....IU	1		0	NC	4		0	2	0
Lycopene.....µg	0		0	RA	4		0	0	0
Lutein + zeaxanthin.....µg	39		0	RA	4		11	97	16
Vitamin E (alpha-tocopherol).....mg	0.55		0	RA	4		0.16	1.35	0.22
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	16.3		0	RA	4		4.6	40.0	6.5
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Puff pastry, frozen, ready-to-bake, baked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	5.502		0		1		1.560	13.480	2.201
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.039		0		1		0.011	0.096	0.016
15:0.....g									
16:0.....g	4.016		0		1		1.139	9.839	1.606
17:0.....g									
18:0.....g	1.438		0		1		0.408	3.523	0.575
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.828		0		1		2.503	21.629	3.531
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.078		0		1		0.022	0.191	0.031
17:1.....g									
18:1 undifferentiated.....g	8.674		0		1		2.459	21.251	3.470
20:1.....g	0.075		0		1		0.021	0.184	0.030
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	22.228		0		1		6.302	54.459	8.891
18:2 undifferentiated.....g	19.640		0		1		5.568	48.118	7.856
18:3 undifferentiated.....g	2.588		0		1		0.734	6.341	1.035
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.086		0		1		0.024	0.211	0.034
Threonine.....g	0.198		0		1		0.056	0.485	0.079
Isoleucine.....g	0.275		0		1		0.078	0.674	0.110
Leucine.....g	0.514		0		1		0.146	1.259	0.206
Lysine.....g	0.144		0		1		0.041	0.353	0.058
Methionine.....g	0.131		0		1		0.037	0.321	0.052
Cystine.....g	0.167		0		1		0.047	0.409	0.067
Phenylalanine.....g	0.367		0		1		0.104	0.899	0.147
Tyrosine.....g	0.204		0		1		0.058	0.500	0.082
Valine.....g	0.312		0		1		0.088	0.764	0.125
Arginine.....g	0.259		0		1		0.073	0.635	0.104
Histidine.....g	0.158		0		1		0.045	0.387	0.063
Alanine.....g	0.227		0		1		0.064	0.556	0.091
Aspartic acid.....g	0.300		0		1		0.085	0.735	0.120
Glutamic acid.....g	2.607		0		1		0.739	6.387	1.043
Glycine.....g	0.255		0		1		0.072	0.625	0.102
Proline.....g	0.875		0		1		0.248	2.144	0.350
Serine.....g	0.360		0		1		0.102	0.882	0.144
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	RA	4		0	0	0
Theobromine.....mg	0		0	RA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18211

Puff pastry, frozen, ready-to-bake, baked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 245g: 1 sheet

Measure 3 = 40g: 1 shell

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18344
 Rolls, dinner, egg

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	30.40		2		1		8.62	10.64	
Energy.....kcal	307		0	NC	4		87	107	
Energy.....kJ	1284		0		4		364	450	
Protein (N x 5.8).....g	9.50	0.154	3		1		2.69	3.33	
Total lipid (fat).....g	6.40	0.122	4		1		1.81	2.24	
Ash.....g	1.70	0.015	4		1		0.48	0.60	
Carbohydrate, by difference.....g	52.00		0	NC	4		14.74	18.20	
Fiber, total dietary.....g	3.7		0		4		1.0	1.3	
Sugars, total.....g	4.30		0	FLC	4		1.22	1.51	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	59		2		1		17	21	
Iron, Fe.....mg	3.52	0.544	3		1		1.00	1.23	
Magnesium, Mg.....mg	25		2		1		7	9	
Phosphorus, P.....mg	101		0	FLA	4		29	35	
Potassium, K.....mg	104		0	FLA	4		29	36	
Sodium, Na.....mg	459		0	LC	8		130	161	
Zinc, Zn.....mg	1.12		0	FLA	4		0.32	0.39	
Copper, Cu.....mg	0.133		0	FLA	4		0.038	0.047	
Manganese, Mn.....mg	0.527		0	FLA	4		0.149	0.184	
Selenium, Se.....µg	29.6		0	FLA	4		8.4	10.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.527	0.095	3		1		0.149	0.184	
Riboflavin.....mg	0.517	0.092	3		1		0.147	0.181	
Niacin.....mg	3.287	0.268	3		1		0.932	1.150	
Pantothenic acid.....mg	0.655		0	FLA	4		0.186	0.229	
Vitamin B-6.....mg	0.053		0	FLA	4		0.015	0.019	
Folate, total.....µg	184		0	FLC	4		52	64	
Folic acid.....µg	131		0		4		37	46	
Folate, food.....µg	53		0		4		15	19	
Folate, DFE.....mcg_DFE	276		0	NC	4		78	96	
Choline, total.....mg	31.4		0	FLC	4		8.9	11.0	
Betaine.....mg									
Vitamin B-12.....µg	0.24	0.007	8		1		0.07	0.08	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	5		0	NC	4		2	2	
Retinol.....µg	5		0	FLC	4		2	2	
Carotene, beta.....µg	1		0	FLC	4		0	0	
Carotene, alpha.....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....µg	1		0	FLC	4		0	0	
Vitamin A, IU.....IU	21		0	NC	4		6	7	
Lycopene.....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....µg	71		0	FLC	4		20	25	
Vitamin E (alpha-tocopherol).....mg	0.36		0	FLC	4		0.10	0.13	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	2.1		0	FLC	4		0.6	0.7	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.577		0	FLA	4		0.447	0.552	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.001		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.025		0	FLA	4		0.007	0.009	
15:0.....g									
16:0.....g	0.945		0	FLA	4		0.268	0.331	
17:0.....g									
18:0.....g	0.595		0	FLA	4		0.169	0.208	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.930		0	FLA	4		0.831	1.026	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.055		0	FLA	4		0.016	0.019	
17:1.....g									
18:1 undifferentiated.....g	2.870		0	FLA	4		0.814	1.005	
20:1.....g	0.003		0	FLA	4		0.001	0.001	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.128		0	FLA	4		0.320	0.395	
18:2 undifferentiated.....g	1.041		0	FLA	4		0.295	0.364	
18:3 undifferentiated.....g	0.055		0	FLA	4		0.016	0.019	
18:4.....g	0.002		0	FLA	4		0.001	0.001	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.017		0	FLA	4		0.005	0.006	
20:5 n-3 (EPA).....g	0.008		0	FLA	4		0.002	0.003	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.005		0	FLA	4		0.001	0.002	
Fatty acids, total trans.....g									
Cholesterol.....mg	50		0	FLA	4		14	18	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.111		0		1		0.031	0.039	
Threonine.....g	0.310		0		1		0.088	0.109	
Isoleucine.....g	0.395		0		1		0.112	0.138	
Leucine.....g	0.686		0		1		0.194	0.240	
Lysine.....g	0.328		0		1		0.093	0.115	
Methionine.....g	0.186		0		1		0.053	0.065	
Cystine.....g	0.201		0		1		0.057	0.070	
Phenylalanine.....g	0.467		0		1		0.132	0.163	
Tyrosine.....g	0.292		0		1		0.083	0.102	
Valine.....g	0.443		0		1		0.126	0.155	
Arginine.....g	0.384		0		1		0.109	0.134	
Histidine.....g	0.209		0		1		0.059	0.073	
Alanine.....g	0.364		0		1		0.103	0.127	
Aspartic acid.....g	0.533		0		1		0.151	0.187	
Glutamic acid.....g	2.769		0		1		0.785	0.969	
Glycine.....g	0.338		0		1		0.096	0.118	
Proline.....g	0.915		0		1		0.259	0.320	
Serine.....g	0.490		0		1		0.139	0.172	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18344
Rolls, dinner, egg

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz
Measure 2 = 35g: 1 roll (2-1/2" dia)

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18345
Rolls, dinner, oat bran

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	44.00		1		1		12.47	14.52	
Energy.....kcal	236		0	NC	4		67	78	
Energy.....kJ	987		0		4		280	326	
Protein (N x 5.8).....g	9.50		1		1		2.69	3.14	
Total lipid (fat).....g	4.60		1		1		1.30	1.52	
Ash.....g	1.70		1		1		0.48	0.56	
Carbohydrate, by difference.....g	40.20		0	NC	4		11.40	13.27	
Fiber, total dietary.....g	4.1		0		1		1.2	1.4	
Sugars, total.....g	6.67		0	FLC	4		1.89	2.20	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	85		1		1		24	28	
Iron, Fe.....mg	4.14		1		1		1.17	1.37	
Magnesium, Mg.....mg	33		0	FLA	4		9	11	
Phosphorus, P.....mg	115		0	FLA	4		33	38	
Potassium, K.....mg	121		0	FLA	4		34	40	
Sodium, Na.....mg	413		1		1		117	136	
Zinc, Zn.....mg	1.02		0	FLA	4		0.29	0.34	
Copper, Cu.....mg	0.136		0	FLA	4		0.039	0.045	
Manganese, Mn.....mg	0.754		0	FLA	4		0.214	0.249	
Selenium, Se.....µg	29.3		0	FLA	4		8.3	9.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.448		1		1		0.127	0.148	
Riboflavin.....mg	0.289		1		1		0.082	0.095	
Niacin.....mg	4.954		1		1		1.404	1.635	
Pantothenic acid.....mg	0.428		0	FLA	4		0.121	0.141	
Vitamin B-6.....mg	0.045		0	FLA	4		0.013	0.015	
Folate, total.....µg	95		0	BFZN	4		27	31	
Folic acid.....µg	64		0	NC	4		18	21	
Folate, food.....µg	31		0		4		9	10	
Folate, DFE.....mcg_DFE	140		0	NC	4		40	46	
Choline, total.....mg	14.6		0	BFZN	4		4.1	4.8	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	0		0	Z	7		0	0	
Carotene, alpha.....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	0		0	Z	7		0	0	
Lycopene.....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....µg	44		0	FLC	4		13	15	
Vitamin E (alpha-tocopherol).....mg	0.48		0	FLC	4		0.14	0.16	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	1.2		0	FLC	4		0.3	0.4	
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.619		0		1		0.175	0.204	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.002		0		1		0.001	0.001	
13:0.....g									
14:0.....g	0.004		0		1		0.001	0.001	
15:0.....g									
16:0.....g	0.448		0		1		0.127	0.148	
17:0.....g									
18:0.....g	0.157		0		1		0.045	0.052	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.488		0		1		0.422	0.491	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.030		0		1		0.009	0.010	
17:1.....g									
18:1 undifferentiated.....g	1.458		0		1		0.413	0.481	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.568		0		1		0.445	0.517	
18:2 undifferentiated.....g	1.471		0		1		0.417	0.485	
18:3 undifferentiated.....g	0.097		0		1		0.027	0.032	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.120		0		1		0.034	0.040	
Threonine.....g	0.274		0		1		0.078	0.090	
Isoleucine.....g	0.367		0		1		0.104	0.121	
Leucine.....g	0.672		0		1		0.191	0.222	
Lysine.....g	0.270		0		1		0.077	0.089	
Methionine.....g	0.164		0		1		0.046	0.054	
Cystine.....g	0.215		0		1		0.061	0.071	
Phenylalanine.....g	0.475		0		1		0.135	0.157	
Tyrosine.....g	0.297		0		1		0.084	0.098	
Valine.....g	0.423		0		1		0.120	0.140	
Arginine.....g	0.408		0		1		0.116	0.135	
Histidine.....g	0.206		0		1		0.058	0.068	
Alanine.....g	0.339		0		1		0.096	0.112	
Aspartic acid.....g	0.500		0		1		0.142	0.165	
Glutamic acid.....g	2.902		0		1		0.823	0.958	
Glycine.....g	0.360		0		1		0.102	0.119	
Proline.....g	0.970		0		1		0.275	0.320	
Serine.....g	0.460		0		1		0.130	0.152	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18345
Rolls, dinner, oat bran

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 33g: 1 roll

Calories Factors: Protein 3.7

Fat 8.7

Carbohydrate4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18342

Rolls, dinner, plain, commercially prepared (includes brown-and-serve)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	28.44	1.682	3	A	1		7.96	7.11	12.23
Energy.....kcal	310		0	NC	4		87	77	133
Energy.....kJ	1297		0	NC	4		363	324	558
Protein.....g	10.86	0.288	3	A	1		3.04	2.72	4.67
Total lipid (fat).....g	6.47	0.272	3	A	1		1.81	1.62	2.78
Ash.....g	2.18	0.024	3	A	1		0.61	0.54	0.94
Carbohydrate, by difference.....g	52.04		0	NC	4		14.57	13.01	22.38
Fiber, total dietary.....g	2.0	0.064	3	A	1		0.5	0.5	0.8
Sugars, total.....g	5.55	0.288	3	A	1		1.55	1.39	2.39
Starch.....g									
Minerals:									
Calcium, Ca.....mg	178	6.429	3	A	1		50	45	77
Iron, Fe.....mg	3.72	0.081	3	A	1		1.04	0.93	1.60
Magnesium, Mg.....mg	26	0.405	3	A	1		7	6	11
Phosphorus, P.....mg	122	1.202	3	A	1		34	30	52
Potassium, K.....mg	139	9.528	3	A	1		39	35	60
Sodium, Na.....mg	536	15.169	3	A	1		150	134	230
Zinc, Zn.....mg	0.99	0.051	3	A	1		0.28	0.25	0.43
Copper, Cu.....mg	0.135	0.004	3	A	1		0.038	0.034	0.058
Manganese, Mn.....mg	0.582	0.012	3	A	1		0.163	0.146	0.250
Selenium, Se.....µg	26.8	3.500	3	A	1		7.5	6.7	11.5
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		0	FLA	4		0.1	0.1	0.1
Thiamin.....mg	0.526		2	A	1		0.147	0.132	0.226
Riboflavin.....mg	0.374	0.017	3	A	1		0.105	0.093	0.161
Niacin.....mg	5.367	0.136	3	A	1		1.503	1.342	2.308
Pantothenic acid.....mg	0.452	0.015	3	A	1		0.126	0.113	0.194
Vitamin B-6.....mg	0.097	0.006	3	A	1		0.027	0.024	0.042
Folate, total.....µg	101		2	A	1		28	25	43
Folic acid.....µg	71		0	AS	1		20	18	31
Folate, food.....µg	30		2	A	1		8	7	13
Folate, DFE.....mcg_DFE	150		0	NC	4		42	38	65
Choline, total.....mg	14.6		0	BFZN	4		4.1	3.7	6.3
Betaine.....mg									
Vitamin B-12.....µg	0.13		0	FLA	4		0.04	0.03	0.06
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	1		0	FLA	4		0	0	1
Retinol.....µg	1		0	FLA	4		0	0	1
Carotene, beta.....µg	0		0	FLA	4		0	0	0
Carotene, alpha.....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	0
Vitamin A, IU.....IU	5		0	FLA	4		1	1	2
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	13		0	FLA	4		4	3	6
Vitamin E (alpha-tocopherol).....mg	0.28	0.101	3	A	1		0.08	0.07	0.12
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	10.6	0.669	3	A	1		3.0	2.6	4.5
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Rolls, dinner, plain, commercially prepared (includes brown-and-serve)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.375		0	NC	4		0.385	0.344	0.591
4:0.....g	0.001		0	FLA	4		0.000	0.000	0.000
6:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
10:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
12:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.009	0.009	3	A	1		0.003	0.002	0.004
15:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:0.....g	0.785	0.042	3	A	1		0.220	0.196	0.338
17:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:0.....g	0.537	0.047	3	A	1		0.150	0.134	0.231
20:0.....g	0.020	0.001	3	A	1		0.006	0.005	0.009
22:0.....g	0.024	0.001	3	A	1		0.007	0.006	0.010
24:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	1.881		0	NC	4		0.527	0.470	0.809
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.027	0.001	3	A	1		0.008	0.007	0.012
17:1.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	1.833	0.183	3	A	1		0.513	0.458	0.788
20:1.....g	0.021	0.001	3	A	1		0.006	0.005	0.009
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.509		0	NC	4		0.702	0.627	1.079
18:2 undifferentiated.....g	2.285	0.130	3	A	1		0.640	0.571	0.982
18:3 undifferentiated.....g	0.224		0	AS	1		0.063	0.056	0.096
18:3 n-3 c,c,c (ALA).....g	0.224	0.005	3	A	1		0.063	0.056	0.096
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:3i.....g									
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.001		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	4		0	FLA	4		1	1	2
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.081	0.002	3	A	1		0.023	0.020	0.035
Threonine.....g	0.286	0.004	3	A	1		0.080	0.071	0.123
Isoleucine.....g	0.337	0.020	3	A	1		0.094	0.084	0.145
Leucine.....g	0.729	0.004	3	A	1		0.204	0.182	0.314
Lysine.....g	0.233	0.010	3	A	1		0.065	0.058	0.100
Methionine.....g	0.145	0.002	3	A	1		0.040	0.036	0.062
Cystine.....g	0.227	0.003	3	A	1		0.064	0.057	0.098
Phenylalanine.....g	0.506	0.007	3	A	1		0.142	0.126	0.217
Tyrosine.....g	0.290	0.013	3	A	1		0.081	0.072	0.125
Valine.....g	0.401	0.016	3	A	1		0.112	0.100	0.172
Arginine.....g	0.378	0.001	3	A	1		0.106	0.094	0.162
Histidine.....g	0.222	0.002	3	A	1		0.062	0.055	0.095
Alanine.....g	0.343	0.005	3	A	1		0.096	0.086	0.147
Aspartic acid.....g	0.450	0.003	3	A	1		0.126	0.112	0.193
Glutamic acid.....g	3.510	0.083	3	A	1		0.983	0.878	1.509
Glycine.....g	0.386	0.007	3	A	1		0.108	0.096	0.166

NDB No. 18342

Rolls, dinner, plain, commercially prepared (includes brown-and-serve)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Proline.....g	1.213	0.032	3	A	1	0.340	0.303	0.522
Serine.....g	0.546	0.020	3	A	1	0.153	0.136	0.235
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	FLA	4	0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4	0	0	0
Theobromine.....mg	0		0	FLA	4	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 roll (1 oz)

Measure 2 = 25g: 1 each (pan, dinner, or small roll) (2" square, 2" high)

Measure 3 = 43g: 1 roll (hamburger, frankfurter, onion roll, bun, large roll)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18396

Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	29.10		0		1		8.25	12.51	10.19
Energy.....kcal	316		0	NC	4		90	136	111
Energy.....kJ	1322				4		375	569	463
Protein (N x 0).....g	8.50		0		1		2.41	3.66	2.98
Total lipid (fat).....g	7.30		0		1		2.07	3.14	2.56
Ash.....g	1.70		0		1		0.48	0.73	0.60
Carbohydrate, by difference.....g	53.40		0	NC	4		15.14	22.96	18.69
Fiber, total dietary.....g	1.9		0		4		0.5	0.8	0.7
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	60		0		1		17	26	21
Iron, Fe.....mg	2.96		0		1		0.84	1.27	1.04
Magnesium, Mg.....mg	19		0		1		5	8	7
Phosphorus, P.....mg	126		0		1		36	54	44
Potassium, K.....mg	152		0		1		43	65	53
Sodium, Na.....mg	415		0		1		118	178	145
Zinc, Zn.....mg	0.70		0		1		0.20	0.30	0.25
Copper, Cu.....mg	0.114		0		1		0.032	0.049	0.040
Manganese, Mn.....mg	0.401		0		1		0.114	0.172	0.140
Selenium, Se.....µg	22.8		0	RK	4		6.5	9.8	8.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		0		1		0.1	0.1	0.1
Thiamin.....mg	0.393		0		1		0.111	0.169	0.138
Riboflavin.....mg	0.408		0		1		0.116	0.175	0.143
Niacin.....mg	3.448		0		1		0.978	1.483	1.207
Pantothenic acid.....mg	0.450		0		1		0.128	0.194	0.158
Vitamin B-6.....mg	0.060		0		1		0.017	0.026	0.021
Folate, total.....µg	90		0	RK	4		26	39	32
Folic acid.....µg	47		0	NC	4		13	20	16
Folate, food.....µg	43		0		1		12	18	15
Folate, DFE.....mcg_DFE	123		0	NC	4		35	53	43
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.14		0		1		0.04	0.06	0.05
Vitamin A, RAE.....mcg_RAE	87		0	NC	4		25	37	30
Retinol.....µg	84		0	NC	4		24	36	29
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	338		0		1		96	145	118
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.795		0		1		0.509	0.772	0.628
4:0.....g	0.024		0		1		0.007	0.010	0.008

NDB No. 18396

Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
6:0.....g	0.014		0		1	0.004	0.006	0.005
8:0.....g	0.008		0		1	0.002	0.003	0.003
10:0.....g	0.019		0		1	0.005	0.008	0.007
12:0.....g	0.021		0		1	0.006	0.009	0.007
13:0.....g								
14:0.....g	0.089		0		1	0.025	0.038	0.031
15:0.....g								
16:0.....g	1.078		0		1	0.306	0.464	0.377
17:0.....g								
18:0.....g	0.535		0		1	0.152	0.230	0.187
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	2.881		0		1	0.817	1.239	1.008
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.054		0		1	0.015	0.023	0.019
17:1.....g								
18:1 undifferentiated.....g	2.823		0		1	0.800	1.214	0.988
20:1.....g	0.002		0		1	0.001	0.001	0.001
22:1 undifferentiated.....g	0.000		0		1	0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	2.006		0		1	0.569	0.863	0.702
18:2 undifferentiated.....g	1.896		0		1	0.538	0.815	0.664
18:3 undifferentiated.....g	0.097		0		1	0.027	0.042	0.034
18:4.....g	0.000		0		1	0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.011		0		1	0.003	0.005	0.004
20:5 n-3 (EPA).....g	0.000		0		1	0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0		1	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.003		0		1	0.001	0.001	0.001
Fatty acids, total trans.....g								
Cholesterol.....mg	35		0		1	10	15	12
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.106		0		1	0.030	0.046	0.037
Threonine.....g	0.282		0		1	0.080	0.121	0.099
Isoleucine.....g	0.353		0		1	0.100	0.152	0.124
Leucine.....g	0.639		0		1	0.181	0.275	0.224
Lysine.....g	0.330		0		1	0.094	0.142	0.116
Methionine.....g	0.173		0		1	0.049	0.074	0.061
Cystine.....g	0.164		0		1	0.046	0.071	0.057
Phenylalanine.....g	0.426		0		1	0.121	0.183	0.149
Tyrosine.....g	0.293		0		1	0.083	0.126	0.103
Valine.....g	0.402		0		1	0.114	0.173	0.141
Arginine.....g	0.362		0		1	0.103	0.156	0.127
Histidine.....g	0.198		0		1	0.056	0.085	0.069
Alanine.....g	0.311		0		1	0.088	0.134	0.109
Aspartic acid.....g	0.478		0		1	0.136	0.206	0.167
Glutamic acid.....g	2.425		0		1	0.687	1.043	0.849
Glycine.....g	0.290		0		1	0.082	0.125	0.102
Proline.....g	0.857		0		1	0.243	0.369	0.300
Serine.....g	0.452		0		1	0.128	0.194	0.158
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18396

Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 43g: 1 large roll or bun (3-1/2" dia)

Measure 3 = 35g: 1 roll (2-1/2" dia)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18346
 Rolls, dinner, rye

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	30.10		1		1		12.94	10.84	8.43
Energy.....kcal	286		0		4		123	103	80
Energy.....kJ	1197		0		4		515	431	335
Protein (N x 5.8).....g	10.30		1		1		4.43	3.71	2.88
Total lipid (fat).....g	3.40		1		1		1.46	1.22	0.95
Ash.....g	2.90		1		1		1.25	1.04	0.81
Carbohydrate, by difference.....g	53.10		0	NC	4		22.83	19.12	14.87
Fiber, total dietary.....g	4.9		0		4		2.1	1.8	1.4
Sugars, total.....g	1.17		0	FLA	4		0.51	0.42	0.33
Starch.....g									
Minerals:									
Calcium, Ca.....mg	30		1		1		13	11	8
Iron, Fe.....mg	2.70		1		1		1.16	0.97	0.76
Magnesium, Mg.....mg	54		1		1		23	19	15
Phosphorus, P.....mg	159		1		1		68	57	45
Potassium, K.....mg	180		1		1		77	65	50
Sodium, Na.....mg	650		0	LC	8		280	234	182
Zinc, Zn.....mg	0.97		0	FLA	4		0.42	0.35	0.27
Copper, Cu.....mg	0.201		0	FLA	4		0.086	0.072	0.056
Manganese, Mn.....mg	0.702		0	FLA	4		0.302	0.253	0.197
Selenium, Se.....µg	27.8		0	FLA	4		12.0	10.0	7.8
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.380		1		1		0.163	0.137	0.106
Riboflavin.....mg	0.270		1		1		0.116	0.097	0.076
Niacin.....mg	3.900		1		1		1.677	1.404	1.092
Pantothenic acid.....mg	0.383		0	FLA	4		0.165	0.138	0.107
Vitamin B-6.....mg	0.062		0	FLA	4		0.027	0.022	0.017
Folate, total.....µg	99		0	FLA	4		43	36	28
Folic acid.....µg	77		0		4		33	28	22
Folate, food.....µg	22		0		4		9	8	6
Folate, DFE.....mcg_DFE	153		0	NC	4		66	55	43
Choline, total.....mg	14.6		0	BFZN	4		6.3	5.3	4.1
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....µg	0		0	FLA	4		0	0	0
Carotene, beta.....µg	4		0	FLA	4		2	1	1
Carotene, alpha.....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....µg	1		0	FLA	4		1	0	0
Vitamin A, IU.....IU	7		0	NC	4		3	3	2
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	54		0	FLA	4		23	20	15
Vitamin E (alpha-tocopherol).....mg	0.34		0	FLA	4		0.14	0.12	0.09
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	3.1	0.639	5		1		1.3	1.1	0.9
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.605		0		1		0.260	0.218	0.169
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.010		0		1		0.004	0.004	0.003
15:0.....g									
16:0.....g	0.367		0		1		0.158	0.132	0.103
17:0.....g									
18:0.....g	0.227		0		1		0.098	0.082	0.064
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.236		0		1		0.531	0.445	0.346
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		0		1		0.004	0.003	0.003
17:1.....g									
18:1 undifferentiated.....g	1.225		0		1		0.527	0.441	0.343
20:1.....g	0.002		0		1		0.001	0.001	0.001
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.708		0		1		0.304	0.255	0.198
18:2 undifferentiated.....g	0.656		0		1		0.282	0.236	0.184
18:3 undifferentiated.....g	0.052		0		1		0.022	0.019	0.015
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.119		0		1		0.051	0.043	0.033
Threonine.....g	0.313		0		1		0.135	0.113	0.088
Isoleucine.....g	0.396		0		1		0.170	0.143	0.111
Leucine.....g	0.712		0		1		0.306	0.256	0.199
Lysine.....g	0.282		0		1		0.121	0.102	0.079
Methionine.....g	0.172		0		1		0.074	0.062	0.048
Cystine.....g	0.215		0		1		0.092	0.077	0.060
Phenylalanine.....g	0.510		0		1		0.219	0.184	0.143
Tyrosine.....g	0.262		0		1		0.113	0.094	0.073
Valine.....g	0.468		0		1		0.201	0.168	0.131
Arginine.....g	0.403		0		1		0.173	0.145	0.113
Histidine.....g	0.224		0		1		0.096	0.081	0.063
Alanine.....g	0.362		0		1		0.156	0.130	0.101
Aspartic acid.....g	0.532		0		1		0.229	0.192	0.149
Glutamic acid.....g	3.231		0		1		1.389	1.163	0.905
Glycine.....g	0.369		0		1		0.159	0.133	0.103
Proline.....g	1.125		0		1		0.484	0.405	0.315
Serine.....g	0.512		0		1		0.220	0.184	0.143
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18346
Rolls, dinner, rye

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 43g: 1 large (approx 3-1/2" to 4" dia)

Measure 2 = 36g: 1 medium

Measure 3 = 28g: 1 small (2-3/8" dia)

Calories Factors: Protein 3.7

Fat 8.7

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18347
 Rolls, dinner, wheat

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	37.00		2		1		10.36		
Energy.....kcal	273		0	NC	4		76		
Energy.....kJ	1142		0		4		320		
Protein (N x 5.7).....g	8.60		1		1		2.41		
Total lipid (fat).....g	6.30		2		1		1.76		
Ash.....g	2.10		1		1		0.59		
Carbohydrate, by difference.....g	46.00		0	NC	4		12.88		
Fiber, total dietary.....g	3.8		0		4		1.1		
Sugars, total.....g	1.63		0	FLA	4		0.46		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	176		2		1		49		
Iron, Fe.....mg	3.55		2		1		0.99		
Magnesium, Mg.....mg	36		0	FLA	4		10		
Phosphorus, P.....mg	104		0	FLA	4		29		
Potassium, K.....mg	115		0	FLA	4		32		
Sodium, Na.....mg	485		0	LC	8		136		
Zinc, Zn.....mg	0.90		0	FLA	4		0.25		
Copper, Cu.....mg	0.150		0	FLA	4		0.042		
Manganese, Mn.....mg	1.023		0	FLA	4		0.286		
Selenium, Se.....µg	33.0		0	FLA	4		9.2		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	0.433		2		1		0.121		
Riboflavin.....mg	0.273		2		1		0.076		
Niacin.....mg	4.072		2		1		1.140		
Pantothenic acid.....mg	0.364		0	FLA	4		0.102		
Vitamin B-6.....mg	0.076		0	FLA	4		0.021		
Folate, total.....µg	60		0	FLA	4		17		
Folic acid.....µg	45		0		4		13		
Folate, food.....µg	15		0		4		4		
Folate, DFE.....mcg_DFE	92		0	NC	4		26		
Choline, total.....mg	18.7		0	BFZN	4		5.2		
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....µg	0		0	FLA	4		0		
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	0		0	NC	4		0		
Lycopene.....µg	0		0	FLA	4		0		
Lutein + zeaxanthin.....µg	65		0	FLA	4		18		
Vitamin E (alpha-tocopherol).....mg	0.36		0	FLA	4		0.10		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	2.7		0	FLA	4		0.8		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.497		0	FLA	4		0.419		
4:0.....g	0.000		0	FLA	4		0.000		
6:0.....g	0.000		0	FLA	4		0.000		
8:0.....g	0.003		0	FLA	4		0.001		
10:0.....g	0.000		0	FLA	4		0.000		
12:0.....g	0.000		0	FLA	4		0.000		
13:0.....g									
14:0.....g	0.027		0	FLA	4		0.008		
15:0.....g									
16:0.....g	0.825		0	FLA	4		0.231		
17:0.....g									
18:0.....g	0.633		0	FLA	4		0.177		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.109		0	FLA	4		0.871		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0	FLA	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	3.104		0	FLA	4		0.869		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.107		0	FLA	4		0.310		
18:2 undifferentiated.....g	1.049		0	FLA	4		0.294		
18:3 undifferentiated.....g	0.058		0	FLA	4		0.016		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000		
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.118		0		1		0.033		
Threonine.....g	0.241		0		1		0.067		
Isoleucine.....g	0.321		0		1		0.090		
Leucine.....g	0.594		0		1		0.166		
Lysine.....g	0.205		0		1		0.057		
Methionine.....g	0.145		0		1		0.041		
Cystine.....g	0.199		0		1		0.056		
Phenylalanine.....g	0.419		0		1		0.117		
Tyrosine.....g	0.246		0		1		0.069		
Valine.....g	0.379		0		1		0.106		
Arginine.....g	0.353		0		1		0.099		
Histidine.....g	0.193		0		1		0.054		
Alanine.....g	0.287		0		1		0.080		
Aspartic acid.....g	0.400		0		1		0.112		
Glutamic acid.....g	2.897		0		1		0.811		
Glycine.....g	0.324		0		1		0.091		
Proline.....g	0.964		0		1		0.270		
Serine.....g	0.416		0		1		0.116		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18347
Rolls, dinner, wheat

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 roll (1 oz)

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18348
Rolls, dinner, whole-wheat

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	33.10		0		1		9.27	14.23	44.69
Energy.....kcal	266		0	NC	4		74	114	359
Energy.....kJ	1113		0		4		312	479	1502
Protein (N x 0).....g	8.70		0		1		2.44	3.74	11.75
Total lipid (fat).....g	4.70		0		1		1.32	2.02	6.35
Ash.....g	2.30		0		1		0.64	0.99	3.11
Carbohydrate, by difference.....g	51.10		0	NC	4		14.31	21.97	68.99
Fiber, total dietary.....g	7.5		0		4		2.1	3.2	10.2
Sugars, total.....g	8.46		0	FLA	4		2.37	3.64	11.42
Starch.....g									
Minerals:									
Calcium, Ca.....mg	106		0		1		30	46	143
Iron, Fe.....mg	2.42		0		1		0.68	1.04	3.27
Magnesium, Mg.....mg	85		0		1		24	37	115
Phosphorus, P.....mg	224		0		1		63	96	302
Potassium, K.....mg	272		0		1		76	117	367
Sodium, Na.....mg	401		0	LC	8		112	172	541
Zinc, Zn.....mg	2.01		0		1		0.56	0.86	2.71
Copper, Cu.....mg	0.239		0		1		0.067	0.103	0.323
Manganese, Mn.....mg	2.298		0		1		0.643	0.988	3.102
Selenium, Se.....µg	49.4		0	FLA	4		13.8	21.2	66.7
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.248		0		1		0.069	0.107	0.335
Riboflavin.....mg	0.152		0		1		0.043	0.065	0.205
Niacin.....mg	3.677		0		1		1.030	1.581	4.964
Pantothenic acid.....mg	0.489		0		1		0.137	0.210	0.660
Vitamin B-6.....mg	0.195		0		1		0.055	0.084	0.263
Folate, total.....µg	30		0		4		8	13	41
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	30		0		4		8	13	41
Folate, DFE.....mcg_DFE	30		0	NC	4		8	13	41
Choline, total.....mg	26.5		0	BFZN	4		7.4	11.4	35.8
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....µg	0		0	FLA	4		0	0	0
Carotene, beta.....µg	0		0	Z	7		0	0	0
Carotene, alpha.....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	0
Vitamin A, IU.....IU	0		0		1		0	0	0
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	115		0	FLA	4		32	50	156
Vitamin E (alpha-tocopherol).....mg	0.90		0	FLA	4		0.25	0.39	1.22
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	2.0		0	FLA	4		0.5	0.8	2.6
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.836		0		1		0.234	0.359	1.129
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.011		0		1		0.003	0.005	0.015
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.001		0		1		0.000	0.000	0.001
13:0.....g									
14:0.....g	0.013		0		1		0.004	0.006	0.018
15:0.....g									
16:0.....g	0.661		0		1		0.185	0.284	0.892
17:0.....g									
18:0.....g	0.141		0		1		0.039	0.061	0.190
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.199		0		1		0.336	0.516	1.619
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.026		0		1		0.007	0.011	0.035
17:1.....g									
18:1 undifferentiated.....g	1.173		0		1		0.328	0.504	1.584
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.161		0		1		0.605	0.929	2.917
18:2 undifferentiated.....g	2.038		0		1		0.571	0.876	2.751
18:3 undifferentiated.....g	0.121		0		1		0.034	0.052	0.163
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		1		0.000	0.000	0.001
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.134		0		1		0.038	0.058	0.181
Threonine.....g	0.260		0		1		0.073	0.112	0.351
Isoleucine.....g	0.333		0		1		0.093	0.143	0.450
Leucine.....g	0.601		0		1		0.168	0.258	0.811
Lysine.....g	0.266		0		1		0.074	0.114	0.359
Methionine.....g	0.138		0		1		0.039	0.059	0.186
Cystine.....g	0.196		0		1		0.055	0.084	0.265
Phenylalanine.....g	0.412		0		1		0.115	0.177	0.556
Tyrosine.....g	0.262		0		1		0.073	0.113	0.354
Valine.....g	0.403		0		1		0.113	0.173	0.544
Arginine.....g	0.407		0		1		0.114	0.175	0.549
Histidine.....g	0.204		0		1		0.057	0.088	0.275
Alanine.....g	0.314		0		1		0.088	0.135	0.424
Aspartic acid.....g	0.463		0		1		0.130	0.199	0.625
Glutamic acid.....g	2.692		0		1		0.754	1.158	3.634
Glycine.....g	0.347		0		1		0.097	0.149	0.468
Proline.....g	0.893		0		1		0.250	0.384	1.206
Serine.....g	0.414		0		1		0.116	0.178	0.559
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18348
Rolls, dinner, whole-wheat

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 28g: 1 roll (1 oz)
- Measure 2 = 43g: 1 roll (hamburger, frankfurter roll)
- Measure 3 = 135g: 1 roll, large submarine, hoagie

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18349

Rolls, french

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	34.80	0.477	31		1		9.87	13.22	
Energy.....kcal	277		0		4		79	105	
Energy.....kJ	1159		0		4		329	440	
Protein (N x 5.8).....g	8.60	0.354	13		1		2.44	3.27	
Total lipid (fat).....g	4.30	0.398	14		1		1.22	1.63	
Ash.....g	1.90	0.048	27		1		0.54	0.72	
Carbohydrate, by difference.....g	50.20		0	NC	4		14.23	19.08	
Fiber, total dietary.....g	3.2		0		1		0.9	1.2	
Sugars, total.....g	0.31		0	FLA	4		0.09	0.12	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	91	6.946	27		1		26	35	
Iron, Fe.....mg	2.71	0.090	27		1		0.77	1.03	
Magnesium, Mg.....mg	20		1		1		6	8	
Phosphorus, P.....mg	84		1		1		24	32	
Potassium, K.....mg	114	10.125	6		1		32	43	
Sodium, Na.....mg	507		0	LC	8		144	193	
Zinc, Zn.....mg	0.90		0	FLA	4		0.26	0.34	
Copper, Cu.....mg	0.135		0	FLA	4		0.038	0.051	
Manganese, Mn.....mg	0.559		0	FLA	4		0.158	0.212	
Selenium, Se.....µg	27.9		0	FLA	4		7.9	10.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.523	0.014	28		1		0.148	0.199	
Riboflavin.....mg	0.300	0.010	20		1		0.085	0.114	
Niacin.....mg	4.352	0.138	27		1		1.234	1.654	
Pantothenic acid.....mg	0.452		0	FLA	4		0.128	0.172	
Vitamin B-6.....mg	0.039		0	FLA	4		0.011	0.015	
Folate, total.....µg	113		0	FLA	4		32	43	
Folic acid.....µg	80		0		4		23	30	
Folate, food.....µg	33		0		4		9	13	
Folate, DFE.....mcg_DFE	169		0	NC	4		48	64	
Choline, total.....mg	14.8		0	BFZN	4		4.2	5.6	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	FLA	4		0	0	
Carotene, beta.....µg	0		0	Z	7		0	0	
Carotene, alpha.....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	0		0	FLA	4		0	0	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	50		0	FLA	4		14	19	
Vitamin E (alpha-tocopherol).....mg	0.30		0	FLA	4		0.09	0.12	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	1.8	0.000	3		1		0.5	0.7	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points					
Fatty acids, total saturated.....g	0.962		0		1	0.273	0.366	
4:0.....g	0.000		0		1	0.000	0.000	
6:0.....g	0.000		0		1	0.000	0.000	
8:0.....g	0.000		0		1	0.000	0.000	
10:0.....g	0.000		0		1	0.000	0.000	
12:0.....g	0.000		0		1	0.000	0.000	
13:0.....g								
14:0.....g	0.016		0		1	0.005	0.006	
15:0.....g								
16:0.....g	0.549		0		1	0.156	0.209	
17:0.....g								
18:0.....g	0.396		0		1	0.112	0.150	
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	1.961		0		1	0.556	0.745	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.019		0		1	0.005	0.007	
17:1.....g								
18:1 undifferentiated.....g	1.942		0		1	0.551	0.738	
20:1.....g	0.000		0		1	0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1	0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.834		0		1	0.236	0.317	
18:2 undifferentiated.....g	0.795		0		1	0.225	0.302	
18:3 undifferentiated.....g	0.039		0		1	0.011	0.015	
18:4.....g	0.000		0		1	0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0		1	0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1	0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		1	0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1	0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0		1	0	0	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.099		0		1	0.028	0.038	
Threonine.....g	0.255		0		1	0.072	0.097	
Isoleucine.....g	0.336		0		1	0.095	0.128	
Leucine.....g	0.608		0		1	0.172	0.231	
Lysine.....g	0.231		0		1	0.065	0.088	
Methionine.....g	0.153		0		1	0.043	0.058	
Cystine.....g	0.182		0		1	0.052	0.069	
Phenylalanine.....g	0.422		0		1	0.120	0.160	
Tyrosine.....g	0.249		0		1	0.071	0.095	
Valine.....g	0.380		0		1	0.108	0.144	
Arginine.....g	0.320		0		1	0.091	0.122	
Histidine.....g	0.188		0		1	0.053	0.071	
Alanine.....g	0.302		0		1	0.086	0.115	
Aspartic acid.....g	0.414		0		1	0.117	0.157	
Glutamic acid.....g	2.772		0		1	0.786	1.053	
Glycine.....g	0.309		0		1	0.088	0.117	
Proline.....g	0.926		0		1	0.263	0.352	
Serine.....g	0.416		0		1	0.118	0.158	
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	
Caffeine.....mg	0		0	FLA	4	0	0	
Theobromine.....mg	0		0	FLA	4	0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18349

Rolls, french

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 38g: 1 roll

Calories Factors: Protein 3.9

Fat 8.7

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18351

Rolls, hamburger or hotdog, mixed-grain

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	38.00	0.152	3		1		10.77	16.34	
Energy.....kcal	263		0	NC	4		75	113	
Energy.....kJ	1100		0		4		312	473	
Protein (N x 5.8).....g	9.60	0.215	15		1		2.72	4.13	
Total lipid (fat).....g	6.00	0.587	15		1		1.70	2.58	
Ash.....g	1.80	0.207	9		1		0.51	0.77	
Carbohydrate, by difference.....g	44.60		0	NC	4		12.64	19.18	
Fiber, total dietary.....g	3.8		0		4		1.1	1.6	
Sugars, total.....g	6.25	0.153	4	A	1		1.77	2.69	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	95	8.221	15		1		27	41	
Iron, Fe.....mg	3.95	0.243	15		1		1.12	1.70	
Magnesium, Mg.....mg	44		0	FLA	4		12	19	
Phosphorus, P.....mg	122		0	FLA	4		35	52	
Potassium, K.....mg	160		0	FLA	4		45	69	
Sodium, Na.....mg	458	18.078	3		1		130	197	
Zinc, Zn.....mg	1.05		0	FLA	4		0.30	0.45	
Copper, Cu.....mg	0.216		0	FLA	4		0.061	0.093	
Manganese, Mn.....mg	1.015		0	FLA	4		0.288	0.436	
Selenium, Se.....µg	31.8		0	FLA	4		9.0	13.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.463	0.031	15		1		0.131	0.199	
Riboflavin.....mg	0.310	0.023	15		1		0.088	0.133	
Niacin.....mg	4.468	0.203	15		1		1.267	1.921	
Pantothenic acid.....mg	0.492		0	FLA	4		0.139	0.212	
Vitamin B-6.....mg	0.092	0.004	3		1		0.026	0.040	
Folate, total.....µg	111	5.320	7	A	1		31	48	
Folic acid.....µg	86	2.283	7	A	1		24	37	
Folate, food.....µg	25	5.281	7	AS	1		7	11	
Folate, DFE.....mcg_DFE	171		0	NC	4		49	74	
Choline, total.....mg	26.5		0	BFZN	4		7.5	11.4	
Betaine.....mg									
Vitamin B-12.....µg	0.01		0	FLA	4		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	0		0	T	4		0	0	
Carotene, alpha.....µg	0		0	T	4		0	0	
Cryptoxanthin, beta.....µg	0		0	T	4		0	0	
Vitamin A, IU.....IU	0		0	NC	4		0	0	
Lycopene.....µg	0		0	T	4		0	0	
Lutein + zeaxanthin.....µg	45		0	T	4		13	19	
Vitamin E (alpha-tocopherol).....mg	0.07		2	A	1		0.02	0.03	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	3.1		0	FLA	4		0.9	1.3	
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									
Lipids:									

Rolls, hamburger or hotdog, mixed-grain

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.390		0	FLA	4		0.394	0.598	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.001		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.025		0	FLA	4		0.007	0.011	
15:0.....g									
16:0.....g	0.781		0	FLA	4		0.221	0.336	
17:0.....g									
18:0.....g	0.572		0	FLA	4		0.162	0.246	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.839		0	FLA	4		0.805	1.221	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.013		0	FLA	4		0.004	0.006	
17:1.....g									
18:1 undifferentiated.....g	2.825		0	FLA	4		0.801	1.215	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.153		0	FLA	4		0.327	0.496	
18:2 undifferentiated.....g	1.087		0	FLA	4		0.308	0.467	
18:3 undifferentiated.....g	0.066		0	FLA	4		0.019	0.028	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.121		0		1		0.034	0.052	
Threonine.....g	0.282		0		1		0.080	0.121	
Isoleucine.....g	0.357		0		1		0.101	0.154	
Leucine.....g	0.655		0		1		0.186	0.282	
Lysine.....g	0.254		0		1		0.072	0.109	
Methionine.....g	0.161		0		1		0.046	0.069	
Cystine.....g	0.214		0		1		0.061	0.092	
Phenylalanine.....g	0.459		0		1		0.130	0.197	
Tyrosine.....g	0.264		0		1		0.075	0.114	
Valine.....g	0.425		0		1		0.120	0.183	
Arginine.....g	0.405		0		1		0.115	0.174	
Histidine.....g	0.212		0		1		0.060	0.091	
Alanine.....g	0.342		0		1		0.097	0.147	
Aspartic acid.....g	0.491		0		1		0.139	0.211	
Glutamic acid.....g	3.015		0		1		0.855	1.296	
Glycine.....g	0.371		0		1		0.105	0.160	
Proline.....g	1.030		0		1		0.292	0.443	
Serine.....g	0.458		0		1		0.130	0.197	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18351

Rolls, hamburger or hotdog, mixed-grain

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 43g: 1 roll

Calories Factors: Protein 3.8

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18350
Rolls, hamburger or hotdog, plain

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0		0
Vitamin K (phylloquinone).....µg	3.1		2	T	4	1.3	10.0		0.9
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.885		0	NC	4	0.372	2.901		0.251
4:0.....g	0.000		2	A	1	0.000	0.000		0.000
6:0.....g	0.000		2	A	1	0.000	0.000		0.000
8:0.....g	0.000		2	A	1	0.000	0.000		0.000
10:0.....g	0.000		2	A	1	0.000	0.000		0.000
12:0.....g	0.000		2	A	1	0.000	0.000		0.000
13:0.....g									
14:0.....g	0.000		2	A	1	0.000	0.000		0.000
15:0.....g	0.000		2	A	1	0.000	0.000		0.000
16:0.....g	0.549		2	A	1	0.231	1.801		0.156
17:0.....g	0.000		2	A	1	0.000	0.000		0.000
18:0.....g	0.336		2	A	1	0.141	1.100		0.095
20:0.....g	0.000		2	A	1	0.000	0.000		0.000
22:0.....g	0.000		2	A	1	0.000	0.000		0.000
24:0.....g	0.000		2	A	1	0.000	0.000		0.000
Fatty acids, total monounsaturated.....g	0.901		0	NC	4	0.378	2.956		0.255
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		2	A	1	0.000	0.000		0.000
17:1.....g									
18:1 undifferentiated.....g	0.901		2	A	1	0.378	2.956		0.255
20:1.....g	0.000		2	A	1	0.000	0.000		0.000
22:1 undifferentiated.....g	0.000		1	A	1	0.000	0.000		0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.594		0	NC	4	0.670	5.230		0.452
18:2 undifferentiated.....g	1.428		2	A	1	0.600	4.682		0.405
18:3 undifferentiated.....g	0.167		2	A	1	0.070	0.548		0.047
18:4.....g	0.000		2	A	1	0.000	0.000		0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		2	A	1	0.000	0.000		0.000
20:5 n-3 (EPA).....g	0.000		2	A	1	0.000	0.000		0.000
22:5 n-3 (DPA).....g	0.000		2	A	1	0.000	0.000		0.000
22:6 n-3 (DHA).....g	0.000		2	A	1	0.000	0.000		0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		2	A	1	0	0		0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4	0.0	0.0		0.0
Caffeine.....mg	0		0	FLC	4	0	0		0
Theobromine.....mg	0		0	FLC	4	0	0		0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 42g: 1 roll
- Measure 2 = 328g: 1 package
- Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 4 Fat 8.8 Carbohydrate 4.1

NDB No. 18350
Rolls, hamburger or hotdog, plain

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18352

Rolls, hamburger or hotdog, reduced-calorie

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	46.00		1		1		13.04	19.78	
Energy.....kcal	196		0	NC	4		56	84	
Energy.....kJ	820		0		4		232	353	
Protein (N x 5.9).....g	8.30		1		1		2.35	3.57	
Total lipid (fat).....g	2.00		1		1		0.57	0.86	
Ash.....g	1.60		1		1		0.45	0.69	
Carbohydrate, by difference.....g	42.10		0	NC	4		11.94	18.10	
Fiber, total dietary.....g	6.2		0		1		1.8	2.7	
Sugars, total.....g	4.76		0	BFCN	4		1.35	2.05	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	59		1		1		17	25	
Iron, Fe.....mg	2.99		1		1		0.85	1.29	
Magnesium, Mg.....mg	20		0	FLA	4		6	9	
Phosphorus, P.....mg	84		0	FLA	4		24	36	
Potassium, K.....mg	78		1		1		22	34	
Sodium, Na.....mg	442		1		1		125	190	
Zinc, Zn.....mg	0.68		0	FLA	4		0.19	0.29	
Copper, Cu.....mg	0.143		0	FLA	4		0.041	0.061	
Manganese, Mn.....mg	0.449		0	FLA	4		0.127	0.193	
Selenium, Se.....µg	23.5		0	FLA	4		6.7	10.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		0	FLA	4		0.1	0.1	
Thiamin.....mg	0.393		1		1		0.111	0.169	
Riboflavin.....mg	0.175		1		1		0.050	0.075	
Niacin.....mg	4.935		1		1		1.399	2.122	
Pantothenic acid.....mg	0.380		0	FLA	4		0.108	0.163	
Vitamin B-6.....mg	0.038		0	FLA	4		0.011	0.016	
Folate, total.....µg	111	5.320	7	A	1		31	48	
Folic acid.....µg	86	2.283	7	A	1		24	37	
Folate, food.....µg	25	5.281	7	AS	1		7	11	
Folate, DFE.....mcg_DFE	171		0	NC	4		49	74	
Choline, total.....mg	14.6		0	BFZN	4		4.1	6.3	
Betaine.....mg									
Vitamin B-12.....µg	0.10		0	FLA	4		0.03	0.04	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	0		0	T	4		0	0	
Carotene, alpha.....µg	0		0	O	4		0	0	
Cryptoxanthin, beta.....µg	0		0	T	4		0	0	
Vitamin A, IU.....IU	0		0	NC	4		0	0	
Lycopene.....µg	0		0	T	4		0	0	
Lutein + zeaxanthin.....µg	45		0	T	4		13	19	
Vitamin E (alpha-tocopherol).....mg	0.07		2	A	1		0.02	0.03	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	3.1		0	T	4		0.9	1.3	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.325		0		1		0.092	0.140	
4:0.....g	0.003		0		1		0.001	0.001	
6:0.....g	0.002		0		1		0.001	0.001	
8:0.....g	0.001		0		1		0.000	0.000	
10:0.....g	0.002		0		1		0.001	0.001	
12:0.....g	0.003		0		1		0.001	0.001	
13:0.....g									
14:0.....g	0.011		0		1		0.003	0.005	
15:0.....g									
16:0.....g	0.233		0		1		0.066	0.100	
17:0.....g									
18:0.....g	0.068		0		1		0.019	0.029	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.524		0		1		0.149	0.225	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.023		0		1		0.007	0.010	
17:1.....g									
18:1 undifferentiated.....g	0.501		0		1		0.142	0.215	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.763		0		1		0.216	0.328	
18:2 undifferentiated.....g	0.714		0		1		0.202	0.307	
18:3 undifferentiated.....g	0.048		0		1		0.014	0.021	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.083		0		1		0.024	0.036	
Threonine.....g	0.229		0		1		0.065	0.098	
Isoleucine.....g	0.296		0		1		0.084	0.127	
Leucine.....g	0.512		0		1		0.145	0.220	
Lysine.....g	0.299		0		1		0.085	0.129	
Methionine.....g	0.119		0		1		0.034	0.051	
Cystine.....g	0.112		0		1		0.032	0.048	
Phenylalanine.....g	0.321		0		1		0.091	0.138	
Tyrosine.....g	0.229		0		1		0.065	0.098	
Valine.....g	0.324		0		1		0.092	0.139	
Arginine.....g									
Histidine.....g	0.157		0		1		0.045	0.068	
Alanine.....g	0.229		0		1		0.065	0.098	
Aspartic acid.....g	0.452		0		1		0.128	0.194	
Glutamic acid.....g	1.777		0		1		0.504	0.764	
Glycine.....g	0.216		0		1		0.061	0.093	
Proline.....g	0.632		0		1		0.179	0.272	
Serine.....g	0.337		0		1		0.096	0.145	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18352

Rolls, hamburger or hotdog, reduced-calorie

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Deriv	Source	Measure 1	Measure 2	Measure 3
			of Data	Code	Confidence			
			Points	Code	Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 43g: 1 roll

Calories Factors: Protein 3.9

Fat 8.5

Carbohydrate3.5

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18353
 Rolls, hard (includes kaiser)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	31.00	0.454	46		1		8.79	17.67	
Energy.....kcal	293		0	NC	4		83	167	
Energy.....kJ	1226		0		4		348	699	
Protein (N x 5.7).....g	9.90	0.185	29		1		2.81	5.64	
Total lipid (fat).....g	4.30	0.191	26		1		1.22	2.45	
Ash.....g	2.00	0.046	39		1		0.57	1.14	
Carbohydrate, by difference.....g	52.70		0	NC	4		14.94	30.04	
Fiber, total dietary.....g	2.3		0		4		0.7	1.3	
Sugars, total.....g	1.77		0	FLA	4		0.50	1.01	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	95	6.497	35		1		27	54	
Iron, Fe.....mg	3.28	0.083	23		1		0.93	1.87	
Magnesium, Mg.....mg	27	1.611	9		1		8	15	
Phosphorus, P.....mg	100	6.081	6		1		28	57	
Potassium, K.....mg	108	5.048	9		1		31	62	
Sodium, Na.....mg	544	28.954	5		1		154	310	
Zinc, Zn.....mg	0.94	0.052	9		1		0.27	0.54	
Copper, Cu.....mg	0.163	0.024	8		1		0.046	0.093	
Manganese, Mn.....mg	0.460	0.021	8		1		0.130	0.262	
Selenium, Se.....µg	39.1	3.412	5	A	1		11.1	22.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.478	0.017	22		1		0.136	0.272	
Riboflavin.....mg	0.336	0.019	20		1		0.095	0.192	
Niacin.....mg	4.239	0.188	18		1		1.202	2.416	
Pantothenic acid.....mg	0.410		0	FLA	4		0.116	0.234	
Vitamin B-6.....mg	0.035		0	FLA	4		0.010	0.020	
Folate, total.....µg	95		0	BFZN	4		27	54	
Folic acid.....µg	80		0	NC	4		23	46	
Folate, food.....µg	15	1.206	4		1		4	9	
Folate, DFE.....mcg_DFE	151		0	NC	4		43	86	
Choline, total.....mg	14.6		0	BFZN	4		4.1	8.3	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	FLA	4		0	0	
Carotene, beta.....µg	0		0	Z	7		0	0	
Carotene, alpha.....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	0		1		1		0	0	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	58		0	FLA	4		16	33	
Vitamin E (alpha-tocopherol).....mg	0.42		0	FLA	4		0.12	0.24	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.6		0	FLA	4		0.2	0.3	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.606		0		1		0.172	0.345	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.001		0		1		0.000	0.001	
13:0.....g									
14:0.....g	0.002		0		1		0.001	0.001	
15:0.....g									
16:0.....g	0.476		0		1		0.135	0.271	
17:0.....g									
18:0.....g	0.127		0		1		0.036	0.072	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.133		0		1		0.321	0.646	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.033		0		1		0.009	0.019	
17:1.....g									
18:1 undifferentiated.....g	1.100		0		1		0.312	0.627	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.719		0		1		0.487	0.980	
18:2 undifferentiated.....g	1.621		0		1		0.460	0.924	
18:3 undifferentiated.....g	0.097		0		1		0.027	0.055	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.117		0		1		0.033	0.067	
Threonine.....g	0.285		0		1		0.081	0.162	
Isoleucine.....g	0.383		0		1		0.109	0.218	
Leucine.....g	0.693		0		1		0.196	0.395	
Lysine.....g	0.242		0		1		0.069	0.138	
Methionine.....g	0.176		0		1		0.050	0.100	
Cystine.....g	0.216		0		1		0.061	0.123	
Phenylalanine.....g	0.489		0		1		0.139	0.279	
Tyrosine.....g	0.284		0		1		0.081	0.162	
Valine.....g	0.432		0		1		0.122	0.246	
Arginine.....g	0.360		0		1		0.102	0.205	
Histidine.....g	0.214		0		1		0.061	0.122	
Alanine.....g	0.331		0		1		0.094	0.189	
Aspartic acid.....g	0.449		0		1		0.127	0.256	
Glutamic acid.....g	3.314		0		1		0.940	1.889	
Glycine.....g	0.350		0		1		0.099	0.200	
Proline.....g	1.105		0		1		0.313	0.630	
Serine.....g	0.480		0		1		0.136	0.274	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18353
Rolls, hard (includes kaiser)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz
Measure 2 = 57g: 1 roll (3-1/2" dia)

Calories Factors: Protein 4

Fat 8.6

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 43441
Rolls, pumpernickel

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	32.00		0		4		11.52	8.96	
Energy.....kcal	277		0		4		100	78	
Energy.....kJ	1159		0		4		417	325	
Protein.....g	10.80		0		4		3.89	3.02	
Total lipid (fat).....g	2.80		0		4		1.01	0.78	
Ash.....g	2.53		0	RA	4		0.91	0.71	
Carbohydrate, by difference.....g	52.80		0		4		19.01	14.78	
Fiber, total dietary.....g	5.4		0		4		1.9	1.5	
Sugars, total.....g	0.40		0	RA	4		0.14	0.11	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	67		0		4		24	19	
Iron, Fe.....mg	2.78		0		4		1.00	0.78	
Magnesium, Mg.....mg	54		0		4		19	15	
Phosphorus, P.....mg	171		0		4		62	48	
Potassium, K.....mg	208		0		4		75	58	
Sodium, Na.....mg	707		0	LC	8		255	198	
Zinc, Zn.....mg	1.48		0		4		0.53	0.41	
Copper, Cu.....mg	0.287		0		4		0.103	0.080	
Manganese, Mn.....mg	1.909		0	RA	4		0.687	0.535	
Selenium, Se.....µg	27.8		0	RK	4		10.0	7.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		7		0.0	0.0	
Thiamin.....mg	0.380		0		4		0.137	0.106	
Riboflavin.....mg	0.300		0		4		0.108	0.084	
Niacin.....mg	2.970		0		4		1.069	0.832	
Pantothenic acid.....mg	0.619		0	RA	4		0.223	0.173	
Vitamin B-6.....mg	0.100		0		4		0.036	0.028	
Folate, total.....µg	86		0	RA	4		31	24	
Folic acid.....µg	56		0		4		20	16	
Folate, food.....µg	30		0	NC	4		11	8	
Folate, DFE.....mcg_DFE	125		0	NC	4		45	35	
Choline, total.....mg	14.6		0	BFZN	4		5.3	4.1	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		7		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	RA	4		0	0	
Carotene, beta.....µg	0		0		4		0	0	
Carotene, alpha.....µg	0		0		4		0	0	
Cryptoxanthin, beta.....µg	0		0		4		0	0	
Vitamin A, IU.....IU	0		0		7		0	0	
Lycopene.....µg	0		0	RA	4		0	0	
Lutein + zeaxanthin.....µg	46		0		4		17	13	
Vitamin E (alpha-tocopherol).....mg	0.63		0	RA	4		0.23	0.18	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	1.5		0	RA	4		0.5	0.4	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 43441
Rolls, pumpernickel

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number		measures of food				
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.495		0		4		0.178	0.139	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.001		0		4		0.000	0.000	
15:0.....g									
16:0.....g	0.316		0		4		0.114	0.088	
17:0.....g									
18:0.....g	0.170		0		4		0.061	0.048	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.609		0		4		0.219	0.171	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006		0		4		0.002	0.002	
17:1.....g									
18:1 undifferentiated.....g	0.601		0		4		0.216	0.168	
20:1.....g	0.003		0		4		0.001	0.001	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.184		0		4		0.426	0.332	
18:2 undifferentiated.....g	1.073		0		4		0.386	0.300	
18:3 undifferentiated.....g	0.113		0		4		0.041	0.032	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	3		0	RA	4		1	1	
<u>Amino Acids:</u>									
Tryptophan.....g	0.106		0	RA	4		0.038	0.030	
Threonine.....g	0.273		0	RA	4		0.098	0.076	
Isoleucine.....g	0.347		0	RA	4		0.125	0.097	
Leucine.....g	0.635		0	RA	4		0.229	0.178	
Lysine.....g	0.233		0	RA	4		0.084	0.065	
Methionine.....g	0.153		0	RA	4		0.055	0.043	
Cystine.....g	0.196		0	RA	4		0.071	0.055	
Phenylalanine.....g	0.456		0	RA	4		0.164	0.128	
Tyrosine.....g	0.229		0	RA	4		0.082	0.064	
Valine.....g	0.412		0	RA	4		0.148	0.115	
Arginine.....g	0.354		0	RA	4		0.127	0.099	
Histidine.....g	0.198		0	RA	4		0.071	0.056	
Alanine.....g	0.319		0	RA	4		0.115	0.089	
Aspartic acid.....g	0.468		0	RA	4		0.168	0.131	
Glutamic acid.....g	2.963		0	RA	4		1.067	0.830	
Glycine.....g	0.328		0	RA	4		0.118	0.092	
Proline.....g	1.036		0	RA	4		0.373	0.290	
Serine.....g	0.463		0	RA	4		0.167	0.130	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 43441
Rolls, pumpernickel

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 36g: 1 medium (2-1/2" dia)

Measure 2 = 28g: 1 roll (pan, dinner, or small roll) (2" square, 2" high)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18354

Strudel, apple

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	43.50		2		1		12.33	30.89	
Energy.....kcal	274		0	NC	4		78	195	
Energy.....kJ	1146		0		4		325	814	
Protein (N x 6).....g	3.30		2		1		0.94	2.34	
Total lipid (fat).....g	11.20		2		1		3.18	7.95	
Ash.....g	0.80		2		1		0.23	0.57	
Carbohydrate, by difference.....g	41.10		0	NC	4		11.65	29.18	
Fiber, total dietary.....g	2.2		0		1		0.6	1.6	
Sugars, total.....g	25.75		0	FLA	4		7.30	18.28	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	15		2		1		4	11	
Iron, Fe.....mg	0.42		2		1		0.12	0.30	
Magnesium, Mg.....mg	9		2		1		3	6	
Phosphorus, P.....mg	33		2		1		9	23	
Potassium, K.....mg	149		0	FLA	4		42	106	
Sodium, Na.....mg	157		0	LC	8		45	111	
Zinc, Zn.....mg	0.19		2		1		0.05	0.13	
Copper, Cu.....mg	0.030		2		1		0.009	0.021	
Manganese, Mn.....mg	0.190		2		1		0.054	0.135	
Selenium, Se.....µg	6.1		0	FLA	4		1.7	4.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.7		2		1		0.5	1.2	
Thiamin.....mg	0.040		2		1		0.011	0.028	
Riboflavin.....mg	0.025		2		1		0.007	0.018	
Niacin.....mg	0.330		2		1		0.094	0.234	
Pantothenic acid.....mg	0.270		0	FLA	4		0.077	0.192	
Vitamin B-6.....mg	0.046		0	FLA	4		0.013	0.033	
Folate, total.....µg	28		0	FLA	4		8	20	
Folic acid.....µg	22		0		4		6	16	
Folate, food.....µg	6		0		4		2	4	
Folate, DFE.....mcg_DFE	43		0	NC	4		12	31	
Choline, total.....mg	17.4		0	FLC	4		4.9	12.4	
Betaine.....mg									
Vitamin B-12.....µg	0.22		0	FLA	4		0.06	0.16	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	6		0	NC	4		2	4	
Retinol.....µg	6		0	FLA	4		2	4	
Carotene, beta.....µg	5		0	FLA	4		1	3	
Carotene, alpha.....µg	1		0	FLA	4		0	1	
Cryptoxanthin, beta.....µg	3		0	FLA	4		1	2	
Vitamin A, IU.....IU	30		0	NC	4		8	21	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	42		0	FLA	4		12	30	
Vitamin E (alpha-tocopherol).....mg	1.42		0	FLA	4		0.40	1.01	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	2.9		0	FLA	4		0.8	2.0	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	2.044		0	FLA	4		0.579	1.451	
4:0.....g	0.001		0	FLA	4		0.000	0.001	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.001		0	FLA	4		0.000	0.001	
12:0.....g	0.001		0	FLA	4		0.000	0.001	
13:0.....g									
14:0.....g	0.037		0	FLA	4		0.010	0.026	
15:0.....g									
16:0.....g	1.583		0	FLA	4		0.449	1.124	
17:0.....g									
18:0.....g	0.416		0	FLA	4		0.118	0.295	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.267		0	FLA	4		0.926	2.320	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.026		0	FLA	4		0.007	0.018	
17:1.....g									
18:1 undifferentiated.....g	3.240		0	FLA	4		0.919	2.300	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.315		0	FLA	4		1.507	3.774	
18:2 undifferentiated.....g	5.002		0	FLA	4		1.418	3.551	
18:3 undifferentiated.....g	0.310		0	FLA	4		0.088	0.220	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0	FLA	4		0.001	0.001	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.001		0	FLA	4		0.000	0.001	
Fatty acids, total trans.....g									
Cholesterol.....mg	6		0	FLA	4		2	4	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.039		0		1		0.011	0.028	
Threonine.....g	0.119		0		1		0.034	0.084	
Isoleucine.....g	0.147		0		1		0.042	0.104	
Leucine.....g	0.257		0		1		0.073	0.182	
Lysine.....g	0.153		0		1		0.043	0.109	
Methionine.....g	0.067		0		1		0.019	0.048	
Cystine.....g	0.058		0		1		0.016	0.041	
Phenylalanine.....g	0.151		0		1		0.043	0.107	
Tyrosine.....g	0.115		0		1		0.033	0.082	
Valine.....g	0.164		0		1		0.046	0.116	
Arginine.....g	0.135		0		1		0.038	0.096	
Histidine.....g	0.076		0		1		0.022	0.054	
Alanine.....g	0.116		0		1		0.033	0.082	
Aspartic acid.....g	0.206		0		1		0.058	0.146	
Glutamic acid.....g	0.848		0		1		0.240	0.602	
Glycine.....g	0.097		0		1		0.027	0.069	
Proline.....g	0.305		0		1		0.086	0.217	
Serine.....g	0.183		0		1		0.052	0.130	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18354
Strudel, apple

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 28.35g: 1 oz
Measure 2 = 71g: 1 piece

Calories Factors: Protein 4.2 Fat 8.9 Carbohydrate 3.9

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18355
Sweet rolls, cheese

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	29.40		2		1		8.33	19.40	
Energy.....kcal	360		0	NC	4		102	238	
Energy.....kJ	1506				4		427	994	
Protein (N x 6).....g	7.10		2		1		2.01	4.69	
Total lipid (fat).....g	18.30		2		1		5.19	12.08	
Ash.....g	1.40		2		1		0.40	0.92	
Carbohydrate, by difference.....g	43.70		0	NC	4		12.39	28.84	
Fiber, total dietary.....g	1.2		0		1		0.3	0.8	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	118		2		1		33	78	
Iron, Fe.....mg	0.76		2		1		0.22	0.50	
Magnesium, Mg.....mg	19		2		1		5	13	
Phosphorus, P.....mg	98		2		1		28	65	
Potassium, K.....mg	137		0	FLA	4		39	90	
Sodium, Na.....mg	357		2		1		101	236	
Zinc, Zn.....mg	0.63		2		1		0.18	0.42	
Copper, Cu.....mg	0.095		2		1		0.027	0.063	
Manganese, Mn.....mg	0.210		2		1		0.060	0.139	
Selenium, Se.....µg	11.9		0	FLA	4		3.4	7.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		0	FLA	4		0.1	0.1	
Thiamin.....mg	0.150		2		1		0.043	0.099	
Riboflavin.....mg	0.130		2		1		0.037	0.086	
Niacin.....mg	0.830		2		1		0.235	0.548	
Pantothenic acid.....mg	0.416		0	FLA	4		0.118	0.275	
Vitamin B-6.....mg	0.069		0	FLA	4		0.020	0.046	
Folate, total.....µg	43		0	FLA	4		12	28	
Folic acid.....µg	12		0	NC	4		3	8	
Folate, food.....µg	31		0		4		9	20	
Folate, DFE.....mcg_DFE	51		0	NC	4		15	34	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.30		0	FLA	4		0.09	0.20	
Vitamin A, RAE.....mcg_RAE									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	254		0	FLA	4		72	168	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	6.059		0	FLA	4		1.718	3.999	
4:0.....g	0.102		0	FLA	4		0.029	0.067	

NDB No. 18355
Sweet rolls, cheese

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.030		0	FLA	4		0.009	0.020	
8:0.....g	0.035		0	FLA	4		0.010	0.023	
10:0.....g	0.069		0	FLA	4		0.020	0.046	
12:0.....g	0.048		0	FLA	4		0.014	0.032	
13:0.....g									
14:0.....g	0.437		0	FLA	4		0.124	0.288	
15:0.....g									
16:0.....g	3.138		0	FLA	4		0.890	2.071	
17:0.....g									
18:0.....g	2.084		0	FLA	4		0.591	1.375	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	9.057		0	FLA	4		2.568	5.978	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.159		0	FLA	4		0.045	0.105	
17:1.....g									
18:1 undifferentiated.....g	8.843		0	FLA	4		2.507	5.836	
20:1.....g	0.004		0	FLA	4		0.001	0.003	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.032		0	FLA	4		0.576	1.341	
18:2 undifferentiated.....g	1.861		0	FLA	4		0.528	1.228	
18:3 undifferentiated.....g	0.142		0	FLA	4		0.040	0.094	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.022		0	FLA	4		0.006	0.015	
20:5 n-3 (EPA).....g	0.001		0	FLA	4		0.000	0.001	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.006		0	FLA	4		0.002	0.004	
Fatty acids, total trans.....g									
Cholesterol.....mg	76		0	FLA	4		22	50	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.078		0		1		0.022	0.051	
Threonine.....g	0.262		0		1		0.074	0.173	
Isoleucine.....g	0.319		0		1		0.090	0.211	
Leucine.....g	0.555		0		1		0.157	0.366	
Lysine.....g	0.388		0		1		0.110	0.256	
Methionine.....g	0.142		0		1		0.040	0.094	
Cystine.....g	0.112		0		1		0.032	0.074	
Phenylalanine.....g	0.343		0		1		0.097	0.226	
Tyrosine.....g	0.256		0		1		0.073	0.169	
Valine.....g	0.354		0		1		0.100	0.234	
Arginine.....g	0.313		0		1		0.089	0.207	
Histidine.....g	0.183		0		1		0.052	0.121	
Alanine.....g	0.267		0		1		0.076	0.176	
Aspartic acid.....g	0.485		0		1		0.137	0.320	
Glutamic acid.....g	1.725		0		1		0.489	1.139	
Glycine.....g	0.221		0		1		0.063	0.146	
Proline.....g	0.600		0		1		0.170	0.396	
Serine.....g	0.374		0		1		0.106	0.247	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18355
Sweet rolls, cheese

Measure 2 = 66g: 1 roll

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18356

Sweet rolls, cinnamon, commercially prepared with raisins

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	24.80	0.752	12		1		7.03	20.58	14.88
Energy.....kcal	372		0	NC	4		105	309	223
Energy.....kJ	1556		0		4		441	1292	934
Protein (N x 5.8).....g	6.20	0.312	8		1		1.76	5.15	3.72
Total lipid (fat).....g	16.40	1.183	8		1		4.65	13.61	9.84
Ash.....g	1.70	0.144	8		1		0.48	1.41	1.02
Carbohydrate, by difference.....g	50.90		0	NC	4		14.43	42.25	30.54
Fiber, total dietary.....g	2.4		0		1		0.7	2.0	1.4
Sugars, total.....g	31.73		0	FLA	4		9.00	26.34	19.04
Starch.....g									
Minerals:									
Calcium, Ca.....mg	72	19.482	10		1		20	60	43
Iron, Fe.....mg	1.60	0.065	13		1		0.45	1.33	0.96
Magnesium, Mg.....mg	17	1.067	10		1		5	14	10
Phosphorus, P.....mg	76	4.955	10		1		22	63	46
Potassium, K.....mg	111	6.286	8		1		31	92	67
Sodium, Na.....mg	304		0	LC	8		86	252	182
Zinc, Zn.....mg	0.59	0.045	6		1		0.17	0.49	0.35
Copper, Cu.....mg	0.088	0.005	6		1		0.025	0.073	0.053
Manganese, Mn.....mg	0.300	0.011	6		1		0.085	0.249	0.180
Selenium, Se.....µg	17.0	0.755	33	A	1		4.8	14.1	10.2
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.0		2		1		0.6	1.7	1.2
Thiamin.....mg	0.324	0.054	12		1		0.092	0.269	0.194
Riboflavin.....mg	0.265	0.047	9		1		0.075	0.220	0.159
Niacin.....mg	2.384	0.100	10		1		0.676	1.979	1.430
Pantothenic acid.....mg	0.406		0	FLA	4		0.115	0.337	0.244
Vitamin B-6.....mg	0.107		1		1		0.030	0.089	0.064
Folate, total.....µg	72		0	FLA	4		20	60	43
Folic acid.....µg	48		0		4		14	40	29
Folate, food.....µg	24	1.042	4		1		7	20	14
Folate, DFE.....mcg_DFE	106		0	NC	4		30	88	63
Choline, total.....mg	41.3		0	FLC	4		11.7	34.3	24.8
Betaine.....mg									
Vitamin B-12.....µg	0.14		0	FLA	4		0.04	0.12	0.08
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	62		0	NC	4		17	51	37
Retinol.....µg	61		0	FLA	4		17	51	37
Carotene, beta.....µg	5		0	FLA	4		1	4	3
Carotene, alpha.....µg	1		0	FLA	4		0	1	1
Cryptoxanthin, beta.....µg	2		0	FLA	4		0	1	1
Vitamin A, IU.....IU	214		0	NC	4		61	178	129
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	70		0	FLA	4		20	58	42
Vitamin E (alpha-tocopherol).....mg	1.99		0	FLA	4		0.56	1.65	1.19
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	4.4		0	FLA	4		1.2	3.6	2.6
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Sweet rolls, cinnamon, commercially prepared with raisins

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			
Fatty acids, total saturated.....g	3.079		0	FLA 4	0.873	2.556	1.847
4:0.....g	0.001		0	FLA 4	0.000	0.001	0.001
6:0.....g	0.000		0	FLA 4	0.000	0.000	0.000
8:0.....g	0.000		0	FLA 4	0.000	0.000	0.000
10:0.....g	0.001		0	FLA 4	0.000	0.001	0.001
12:0.....g	0.001		0	FLA 4	0.000	0.001	0.001
13:0.....g							
14:0.....g	0.049		0	FLA 4	0.014	0.041	0.029
15:0.....g							
16:0.....g	2.383		0	FLA 4	0.676	1.978	1.430
17:0.....g							
18:0.....g	0.633		0	FLA 4	0.179	0.525	0.380
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	4.797		0	FLA 4	1.360	3.982	2.878
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.070		0	FLA 4	0.020	0.058	0.042
17:1.....g							
18:1 undifferentiated.....g	4.724		0	FLA 4	1.339	3.921	2.834
20:1.....g	0.003		0	FLA 4	0.001	0.002	0.002
22:1 undifferentiated.....g	0.000		0	FLA 4	0.000	0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	7.473		0	FLA 4	2.119	6.203	4.484
18:2 undifferentiated.....g	7.021		0	FLA 4	1.990	5.827	4.213
18:3 undifferentiated.....g	0.433		0	FLA 4	0.123	0.359	0.260
18:4.....g	0.000		0	FLA 4	0.000	0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.015		0	FLA 4	0.004	0.012	0.009
20:5 n-3 (EPA).....g	0.000		0	FLA 4	0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0	FLA 4	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.004		0	FLA 4	0.001	0.003	0.002
Fatty acids, total trans.....g							
Cholesterol.....mg	66		2		19	55	40
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.074		0		0.021	0.061	0.044
Threonine.....g	0.211		0		0.060	0.175	0.127
Isoleucine.....g	0.259		0		0.073	0.215	0.155
Leucine.....g	0.458		0		0.130	0.380	0.275
Lysine.....g	0.243		0		0.069	0.202	0.146
Methionine.....g	0.117		0		0.033	0.097	0.070
Cystine.....g	0.120		0		0.034	0.100	0.072
Phenylalanine.....g	0.300		0		0.085	0.249	0.180
Tyrosine.....g	0.200		0		0.057	0.166	0.120
Valine.....g	0.291		0		0.082	0.242	0.175
Arginine.....g	0.283		0		0.080	0.235	0.170
Histidine.....g	0.145		0		0.041	0.120	0.087
Alanine.....g	0.233		0		0.066	0.193	0.140
Aspartic acid.....g	0.407		0		0.115	0.338	0.244
Glutamic acid.....g	1.732		0		0.491	1.438	1.039
Glycine.....g	0.219		0		0.062	0.182	0.131
Proline.....g	0.582		0		0.165	0.483	0.349
Serine.....g	0.331		0		0.094	0.275	0.199
Hydroxyproline.....g							
Others:							
Alcohol, ethyl.....g	0.0		0		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA 4	0	0	0
Theobromine.....mg	0		0	FLA 4	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18356

Sweet rolls, cinnamon, commercially prepared with raisins

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 83g: 1 large

Measure 3 = 60g: 1 roll (2-3/4" square)

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18357

Sweet rolls, cinnamon, refrigerated dough with frosting

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	28.90	0.671	16		1		8.19	8.67	
Energy.....kcal	333		0	NC	4		94	100	
Energy.....kJ	1393				4		395	418	
Protein (N x 5.7).....g	5.00	0.138	16		1		1.42	1.50	
Total lipid (fat).....g	12.20	0.640	16		1		3.46	3.66	
Ash.....g	2.40	0.043	16		1		0.68	0.72	
Carbohydrate, by difference.....g	51.60		0	NC	4		14.63	15.48	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	31	10.831	14		1		9	9	
Iron, Fe.....mg	2.44	0.163	10		1		0.69	0.73	
Magnesium, Mg.....mg	11	0.344	11		1		3	3	
Phosphorus, P.....mg	321	10.313	11		1		91	96	
Potassium, K.....mg	58	8.078	11		1		16	17	
Sodium, Na.....mg	765	15.494	14		1		217	230	
Zinc, Zn.....mg	0.31	0.017	8		1		0.09	0.09	
Copper, Cu.....mg	0.065	0.004	11		1		0.018	0.020	
Manganese, Mn.....mg	0.415		0	FLA	4		0.118	0.125	
Selenium, Se.....µg	16.3		0	FLA	4		4.6	4.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		0	FLA	4		0.1	0.1	
Thiamin.....mg	0.470	0.068	10		1		0.133	0.141	
Riboflavin.....mg	0.249	0.028	10		1		0.071	0.075	
Niacin.....mg	3.703	0.331	10		1		1.050	1.111	
Pantothenic acid.....mg	0.260		0	FLA	4		0.074	0.078	
Vitamin B-6.....mg	0.031		0	FLA	4		0.009	0.009	
Folate, total.....µg	50		0	FLA	4		14	15	
Folic acid.....µg	42		0	NC	4		12	13	
Folate, food.....µg	8		0		4		2	2	
Folate, DFE.....mcg_DFE	79		0	NC	4		23	24	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.02		0	FLA	4		0.01	0.01	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	2		0	FLA	4		1	1	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	3.081		0	FLA	4		0.873	0.924	
4:0.....g	0.001		0	FLA	4		0.000	0.000	

NDB No. 18357

Sweet rolls, cinnamon, refrigerated dough with frosting

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.060		0	FLA	4		0.017	0.018	
15:0.....g									
16:0.....g	1.599		0	FLA	4		0.453	0.480	
17:0.....g									
18:0.....g	1.421		0	FLA	4		0.403	0.426	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.839		0	FLA	4		1.939	2.052	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	6.838		0	FLA	4		1.939	2.051	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.604		0	FLA	4		0.455	0.481	
18:2 undifferentiated.....g	1.523		0	FLA	4		0.432	0.457	
18:3 undifferentiated.....g	0.081		0	FLA	4		0.023	0.024	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.063		0		1		0.018	0.019	
Threonine.....g	0.147		0		1		0.042	0.044	
Isoleucine.....g	0.180		0		1		0.051	0.054	
Leucine.....g	0.351		0		1		0.100	0.105	
Lysine.....g	0.128		0		1		0.036	0.038	
Methionine.....g	0.089		0		1		0.025	0.027	
Cystine.....g	0.105		0		1		0.030	0.032	
Phenylalanine.....g	0.245		0		1		0.069	0.074	
Tyrosine.....g	0.152		0		1		0.043	0.046	
Valine.....g	0.205		0		1		0.058	0.062	
Arginine.....g	0.200		0		1		0.057	0.060	
Histidine.....g	0.110		0		1		0.031	0.033	
Alanine.....g	0.166		0		1		0.047	0.050	
Aspartic acid.....g	0.231		0		1		0.065	0.069	
Glutamic acid.....g	1.613		0		1		0.457	0.484	
Glycine.....g	0.175		0		1		0.050	0.053	
Proline.....g	0.555		0		1		0.157	0.167	
Serine.....g	0.248		0		1		0.070	0.074	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18357

Sweet rolls, cinnamon, refrigerated dough with frosting

Measure 2 = 30g: 1 roll

Calories Factors: Protein 4

Fat 8.8

Carbohydrate4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18358

Sweet rolls, cinnamon, refrigerated dough with frosting, baked

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	22.70		0		4		6.44	6.81	
Energy.....kcal	362		0		4		103	109	
Energy.....kJ	1515				4		429	454	
Protein.....g	5.40		0		4		1.53	1.62	
Total lipid (fat).....g	13.20		0		4		3.74	3.96	
Ash.....g	2.60		0		4		0.74	0.78	
Carbohydrate, by difference.....g	56.10		0		4		15.90	16.83	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	34		0		4		10	10	
Iron, Fe.....mg	2.65		0		4		0.75	0.80	
Magnesium, Mg.....mg	12		0		4		3	4	
Phosphorus, P.....mg	348		0		4		99	104	
Potassium, K.....mg	63		0		4		18	19	
Sodium, Na.....mg	832		0		4		236	250	
Zinc, Zn.....mg	0.34		0		4		0.10	0.10	
Copper, Cu.....mg	0.071		0		4		0.020	0.021	
Manganese, Mn.....mg	0.418		0		4		0.119	0.125	
Selenium, Se.....µg	17.7		0	RP	4		5.0	5.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		0		4		0.1	0.1	
Thiamin.....mg	0.409		0		4		0.116	0.123	
Riboflavin.....mg	0.244		0		4		0.069	0.073	
Niacin.....mg	3.622		0		4		1.027	1.087	
Pantothenic acid.....mg	0.266		0		4		0.075	0.080	
Vitamin B-6.....mg	0.034		0		4		0.010	0.010	
Folate, total.....µg	55		0	RP	4		16	17	
Folic acid.....µg	49		0	NC	4		14	15	
Folate, food.....µg	6		0		4		2	2	
Folate, DFE.....mcg_DFE	89		0	NC	4		25	27	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.05		0		4		0.01	0.02	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	2		0		4		1	1	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	3.348		0		4		0.949	1.004	
4:0.....g	0.001		0		4		0.000	0.000	

NDB No. 18358

Sweet rolls, cinnamon, refrigerated dough with frosting, baked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.001		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.001		0		4		0.000	0.000	
12:0.....g	0.001		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.067		0		4		0.019	0.020	
15:0.....g									
16:0.....g	1.734		0		4		0.492	0.520	
17:0.....g									
18:0.....g	1.544		0		4		0.438	0.463	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.421		0		4		2.104	2.226	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	7.420		0		4		2.104	2.226	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.728		0		4		0.490	0.518	
18:2 undifferentiated.....g	1.641		0		4		0.465	0.492	
18:3 undifferentiated.....g	0.088		0		4		0.025	0.026	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.068		0		4		0.019	0.020	
Threonine.....g	0.160		0		4		0.045	0.048	
Isoleucine.....g	0.195		0		4		0.055	0.059	
Leucine.....g	0.382		0		4		0.108	0.115	
Lysine.....g	0.139		0		4		0.039	0.042	
Methionine.....g	0.097		0		4		0.027	0.029	
Cystine.....g	0.115		0		4		0.033	0.035	
Phenylalanine.....g	0.266		0		4		0.075	0.080	
Tyrosine.....g	0.165		0		4		0.047	0.050	
Valine.....g	0.223		0		4		0.063	0.067	
Arginine.....g	0.218		0		4		0.062	0.065	
Histidine.....g	0.119		0		4		0.034	0.036	
Alanine.....g	0.181		0		4		0.051	0.054	
Aspartic acid.....g	0.251		0		4		0.071	0.075	
Glutamic acid.....g	1.753		0		4		0.497	0.526	
Glycine.....g	0.190		0		4		0.054	0.057	
Proline.....g	0.603		0		4		0.171	0.181	
Serine.....g	0.270		0		4		0.077	0.081	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18358

Sweet rolls, cinnamon, refrigerated dough with frosting, baked

Measure 2 = 30g: 1 roll

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18360
Taco shells, baked

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	7.38	0.257	3	A	1		2.09	1.55	0.94
Energy.....kcal	467		0	NC	4		132	98	59
Energy.....kJ	1952		0	NC	4		554	410	248
Protein.....g	7.08	0.113	3	A	1		2.01	1.49	0.90
Total lipid (fat).....g	20.83	1.015	3	A	1		5.91	4.37	2.65
Ash.....g	1.99	0.254	3	A	1		0.56	0.42	0.25
Carbohydrate, by difference.....g	62.72		0	NC	4		17.78	13.17	7.97
Fiber, total dietary.....g	4.6	0.069	3	A	1		1.3	1.0	0.6
Sugars, total.....g	1.23	0.024	3	A	1		0.35	0.26	0.16
Starch.....g	57.33	1.126	3	A	1		16.25	12.04	7.28
Minerals:									
Calcium, Ca.....mg	101	20.196	3	A	1		29	21	13
Iron, Fe.....mg	1.86	0.151	3	A	1		0.53	0.39	0.24
Magnesium, Mg.....mg	85	4.284	3	A	1		24	18	11
Phosphorus, P.....mg	226	3.512	3	A	1		64	47	29
Potassium, K.....mg	223	3.712	3	A	1		63	47	28
Sodium, Na.....mg	389	81.736	3	A	1		110	82	49
Zinc, Zn.....mg	1.61	0.032	3	A	1		0.46	0.34	0.20
Copper, Cu.....mg	0.127	0.014	3	A	1		0.036	0.027	0.016
Manganese, Mn.....mg	0.429	0.020	3	A	1		0.122	0.090	0.054
Selenium, Se.....µg	4.8	1.178	3	A	1		1.4	1.0	0.6
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	3	A	1		0.0	0.0	0.0
Thiamin.....mg	0.216	0.056	3	A	1		0.061	0.045	0.027
Riboflavin.....mg	0.080	0.012	3	A	1		0.023	0.017	0.010
Niacin.....mg	1.867	0.233	3	A	1		0.529	0.392	0.237
Pantothenic acid.....mg	0.357	0.012	3	A	1		0.101	0.075	0.045
Vitamin B-6.....mg	0.203	0.007	3	A	1		0.058	0.043	0.026
Folate, total.....µg	69		2	A	1		20	14	9
Folic acid.....µg	24		2	A	1		7	5	3
Folate, food.....µg	46		0	AS	1		13	10	6
Folate, DFE.....mcg_DFE	85		0	NC	4		24	18	11
Choline, total.....mg	29.9		0	AS	1		8.5	6.3	3.8
Betaine.....mg	0.4		1	A	1		0.1	0.1	0.1
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	1		0	AS	1		0	0	0
Retinol.....µg	0		0	FLA	4		0	0	0
Carotene, beta.....µg	3	0.000	3	A	1		1	1	0
Carotene, alpha.....µg	3	0.000	3	A	1		1	1	0
Cryptoxanthin, beta.....µg	13	10.167	3	A	1		4	3	2
Vitamin A, IU.....IU	17		0	AS	1		5	4	2
Lycopene.....µg	3	0.000	3	A	1		1	1	0
Lutein + zeaxanthin.....µg	106		0	FLA	4		30	22	14
Vitamin E (alpha-tocopherol).....mg	0.69	0.012	3	A	1		0.19	0.14	0.09
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	8.6	2.707	3	A	1		2.4	1.8	1.1
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									
Lipids:									

NDB No. 18360
Taco shells, baked

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	6.246		0	BFFN	4		1.771	1.312	0.793
4:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
6:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
8:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
10:0.....g	0.000		0	BFFN	4		0.000	0.000	0.000
12:0.....g	0.025		0	BFFN	4		0.007	0.005	0.003
13:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
14:0.....g	0.118		0	BFFN	4		0.033	0.025	0.015
15:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:0.....g	5.316		0	BFFN	4		1.507	1.116	0.675
17:0.....g	0.019		0	BFFN	4		0.005	0.004	0.002
18:0.....g	0.649		0	BFFN	4		0.184	0.136	0.082
20:0.....g	0.078		0	BFFN	4		0.022	0.016	0.010
22:0.....g	0.023		0	BFFN	4		0.007	0.005	0.003
24:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	6.430		0	BFFN	4		1.823	1.350	0.817
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.048		0	BFFN	4		0.014	0.010	0.006
17:1.....g	0.000		0	BFFN	4		0.000	0.000	0.000
18:1 undifferentiated.....g	6.313		0	BFFN	4		1.790	1.326	0.802
18:1 c.....g	6.284		0	BFFN	4		1.782	1.320	0.798
18:1-1lc (18:1c n-7).....g									
18:1 t.....g	0.028		0	BFFN	4		0.008	0.006	0.004
18:1-1lt (18:1t n-7).....g									
20:1.....g	0.041		0	BFFN	4		0.012	0.009	0.005
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.265		0	NR	4		2.060	1.526	0.923
18:2 undifferentiated.....g	7.150		0	BFFN	4		2.027	1.501	0.908
18:2 n-6 c,c.....g									
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.117		0	BFFN	4		0.033	0.024	0.015
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.110		0	BFFN	4		0.031	0.023	0.014
18:3 n-3 c,c,c (ALA).....g	0.110		0	BFFN	4		0.031	0.023	0.014
18:3 n-6 c,c,c.....g	0.000		0	BFFN	4		0.000	0.000	0.000
18:3i.....g									
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.005		0	BFFN	4		0.001	0.001	0.001
20:3 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g	0.145		0	BFFN	4		0.041	0.030	0.018
Fatty acids, total trans-monoenoic.....g	0.028		0	BFFN	4		0.008	0.006	0.004
Fatty acids, total trans-polyenoic.....g	0.117		0	BFFN	4		0.033	0.024	0.015
Cholesterol.....mg	0		0	FLA	4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.040	0.006	3	A	1		0.011	0.008	0.005
Threonine.....g	0.227	0.017	3	A	1		0.064	0.048	0.029
Isoleucine.....g	0.220	0.015	3	A	1		0.062	0.046	0.028

NDB No. 18360
Taco shells, baked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number			measures of food		
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2
Leucine.....g	0.837	0.022	3	A	1	0.237	0.176	0.106
Lysine.....g	0.197	0.013	3	A	1	0.056	0.041	0.025
Methionine.....g	0.180	0.006	3	A	1	0.051	0.038	0.023
Cystine.....g	0.140	0.006	3	A	1	0.040	0.029	0.018
Phenylalanine.....g	0.290	0.010	3	A	1	0.082	0.061	0.037
Tyrosine.....g	0.223	0.003	3	A	1	0.063	0.047	0.028
Valine.....g	0.287	0.007	3	A	1	0.081	0.060	0.036
Arginine.....g	0.287	0.007	3	A	1	0.081	0.060	0.036
Histidine.....g	0.167	0.007	3	A	1	0.047	0.035	0.021
Alanine.....g	0.457	0.015	3	A	1	0.129	0.096	0.058
Aspartic acid.....g	0.540	0.031	3	A	1	0.153	0.113	0.069
Glutamic acid.....g	1.257	0.024	3	A	1	0.356	0.264	0.160
Glycine.....g	0.250	0.006	3	A	1	0.071	0.052	0.032
Proline.....g	0.770	0.067	3	A	1	0.218	0.162	0.098
Serine.....g	0.367	0.019	3	A	1	0.104	0.077	0.047
Hydroxyproline.....g	0.000	0.000	3	A	1	0.000	0.000	0.000
Others:								
Alcohol, ethyl.....g	0.0		0	FLA	4	0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4	0	0	0
Theobromine.....mg	0		0	FLA	4	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 21g: 1 large (6-1/2" dia)

Measure 3 = 12.7g: 1 medium (approx 5" dia)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Deriv		Measure 1	Measure 2	Measure 3	
			Points	Code				Code
6:0.....g								
8:0.....g								
10:0.....g								
12:0.....g								
13:0.....g								
14:0.....g	0.019		0	BFZN	4	0.005	0.002	0.001
15:0.....g								
16:0.....g	2.217		0	BFZN	4	0.629	0.288	0.111
17:0.....g								
18:0.....g	0.994		0	BFZN	4	0.282	0.129	0.050
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	8.934		0	BFZN	4	2.533	1.161	0.447
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.078		0	BFZN	4	0.022	0.010	0.004
17:1.....g								
18:1 undifferentiated.....g	8.837		0	BFZN	4	2.505	1.149	0.442
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	8.494		0	BFZN	4	2.408	1.104	0.425
18:2 undifferentiated.....g	7.941		0	BFZN	4	2.251	1.032	0.397
18:3 undifferentiated.....g	0.534		0	BFZN	4	0.151	0.069	0.027
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3 (EPA).....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0		4	0	0	0
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.052		0		4	0.015	0.007	0.003
Threonine.....g	0.271		0		4	0.077	0.035	0.014
Isoleucine.....g	0.259		0		4	0.073	0.034	0.013
Leucine.....g	0.886		0		4	0.251	0.115	0.044
Lysine.....g	0.203		0		4	0.058	0.026	0.010
Methionine.....g	0.151		0		4	0.043	0.020	0.008
Cystine.....g	0.130		0		4	0.037	0.017	0.007
Phenylalanine.....g	0.354		0		4	0.100	0.046	0.018
Tyrosine.....g	0.294		0		4	0.083	0.038	0.015
Valine.....g	0.366		0		4	0.104	0.048	0.018
Arginine.....g	0.360		0		4	0.102	0.047	0.018
Histidine.....g	0.221		0		4	0.063	0.029	0.011
Alanine.....g	0.540		0		4	0.153	0.070	0.027
Aspartic acid.....g	0.502		0		4	0.142	0.065	0.025
Glutamic acid.....g	1.354		0		4	0.384	0.176	0.068
Glycine.....g	0.297		0		4	0.084	0.039	0.015
Proline.....g	0.630		0		4	0.179	0.082	0.032
Serine.....g	0.343		0		4	0.097	0.045	0.017
Hydroxyproline.....g								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18448

Taco shells, baked, without added salt

Measure 2 = 13.0g: 1 medium (approx 5" dia)

Measure 3 = 5.0g: 1 miniature (3" dia)

Calories Factors: Protein 2.7

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18494

Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted brown sugar cinnamon

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	10.50		0	MC	9		5.25		
Energy.....kcal	376		0	MC	9		188		
Energy.....kJ	1573		0	MC	9		787		
Protein.....g	4.70		0	MC	9		2.35		
Total lipid (fat).....g	5.50		0	MC	9		2.75		
Ash.....g	1.00		0	MC	9		0.50		
Carbohydrate, by difference.....g	78.30		0	MC	9		39.15		
Fiber, total dietary.....g	1.2		0	MC	9		0.6		
Sugars, total.....g	36.20		0	MC	9		18.10		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	14		0	MC	9		7		
Iron, Fe.....mg	3.60		0	MC	9		1.80		
Magnesium, Mg.....mg	10		0	MC	9		5		
Phosphorus, P.....mg	45		0	MC	9		23		
Potassium, K.....mg	61		0	MC	9		31		
Sodium, Na.....mg	419		0	MC	9		210		
Zinc, Zn.....mg	0.30		0	MC	9		0.15		
Copper, Cu.....mg	0.100		0	MC	9		0.050		
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.300		0	MC	9		0.150		
Riboflavin.....mg	0.300		0	MC	9		0.150		
Niacin.....mg	4.000		0	MC	9		2.000		
Pantothenic acid.....mg	0.000		0	MC	9		0.000		
Vitamin B-6.....mg	0.400		0	MC	9		0.200		
Folate, total.....µg	100		0	MC	9		50		
Folic acid.....µg									
Folate, food.....µg	100		0	MC	9		50		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....mcg_RAE									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	1000		0	MC	9		500		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.200		0	MC	9		0.600		
Fatty acids, total monounsaturated.....g	2.900		0	MC	9		1.450		

NDB No. 18494

Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted brown sugar cinnamon

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	<u>measures of food</u>		
							Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	1.300		0	MC	9		0.650		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 50g: 1 pastry

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18495

Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted chocolate fudge

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	12.50		0	MC	9		6.50		
Energy.....kcal	366		0	MC	9		190		
Energy.....kJ	1531		0	MC	9		796		
Protein.....g	5.10		0	MC	9		2.65		
Total lipid (fat).....g	5.80		0	MC	9		3.02		
Ash.....g	1.40		0	MC	9		0.73		
Carbohydrate, by difference.....g	76.00		0	MC	9		39.52		
Fiber, total dietary.....g	1.1		0	MC	9		0.6		
Sugars, total.....g	36.20		0	MC	9		18.82		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	26		0	MC	9		14		
Iron, Fe.....mg	3.50		0	MC	9		1.82		
Magnesium, Mg.....mg	28		0	MC	9		15		
Phosphorus, P.....mg	76		0	MC	9		40		
Potassium, K.....mg	119		0	MC	9		62		
Sodium, Na.....mg	478		0	MC	9		249		
Zinc, Zn.....mg	0.50		0	MC	9		0.26		
Copper, Cu.....mg	0.200		0	MC	9		0.104		
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.300		0	MC	9		0.156		
Riboflavin.....mg	0.300		0	MC	9		0.156		
Niacin.....mg	3.800		0	MC	9		1.976		
Pantothenic acid.....mg	0.000		0	MC	9		0.000		
Vitamin B-6.....mg	0.400		0	MC	9		0.208		
Folate, total.....µg	100		0	MC	9		52		
Folic acid.....µg									
Folate, food.....µg	100		0	MC	9		52		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....mcg_RAE									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	962		0	MC	9		500		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.000		0	MC	9		0.520		
Fatty acids, total monounsaturated.....g	2.400		0	MC	9		1.248		

NDB No. 18495

Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted chocolate fudge

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Measure 1	Measure 2	Measure 3
			of Data	Code	Code			
			Points	Code	Code			
Fatty acids, total polyunsaturated.....g	1.700		0	MC	9	0.884		
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	MC	9	0		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 52g: 1 pastry

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18497

Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted strawberry

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	12.50		0	MC	9		6.50		
Energy.....kcal	367		0	MC	9		191		
Energy.....kJ	1536		0	MC	9		799		
Protein.....g	4.10		0	MC	9		2.13		
Total lipid (fat).....g	5.80		0	MC	9		3.02		
Ash.....g	0.90		0	MC	9		0.47		
Carbohydrate, by difference.....g	77.50		0	MC	9		40.30		
Fiber, total dietary.....g	1.1		0	MC	9		0.6		
Sugars, total.....g	39.90		0	MC	9		20.75		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	10		0	MC	9		5		
Iron, Fe.....mg	3.50		0	MC	9		1.82		
Magnesium, Mg.....mg	8		0	MC	9		4		
Phosphorus, P.....mg	39		0	MC	9		20		
Potassium, K.....mg	49		0	MC	9		25		
Sodium, Na.....mg	387		0	MC	9		201		
Zinc, Zn.....mg	0.30		0	MC	9		0.16		
Copper, Cu.....mg	0.000		0	MC	9		0.000		
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.300		0	MC	9		0.156		
Riboflavin.....mg	0.300		0	MC	9		0.156		
Niacin.....mg	3.800		0	MC	9		1.976		
Pantothenic acid.....mg	0.000		0	MC	9		0.000		
Vitamin B-6.....mg	0.400		0	MC	9		0.208		
Folate, total.....µg	100		0	MC	9		52		
Folic acid.....µg									
Folate, food.....µg	100		0	MC	9		52		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	NR	4		0		
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	962		0	MC	9		500		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.100		0	MC	9		0.572		
Fatty acids, total monounsaturated.....g	2.700		0	MC	9		1.404		

NDB No. 18497

Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted strawberry

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Measure 1	Measure 2	Measure 3
			of Data	Code	Code			
			Points	Code	Code			
Fatty acids, total polyunsaturated.....g	2.000		0	MC	9	1.040		
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	MC	9	0		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 52g: 1 pastry

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18496

Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Strawberry

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	12.50		0	MC	9		6.50		
Energy.....kcal	369		0	MC	9		192		
Energy.....kJ	1544		0	MC	9		803		
Protein.....g	4.50		0	MC	9		2.34		
Total lipid (fat).....g	5.50		0	MC	9		2.86		
Ash.....g	1.00		0	MC	9		0.52		
Carbohydrate, by difference.....g	76.60		0	MC	9		39.83		
Fiber, total dietary.....g	1.2		0	MC	9		0.6		
Sugars, total.....g	35.80		0	MC	9		18.62		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	11		0	MC	9		6		
Iron, Fe.....mg	3.50		0	MC	9		1.82		
Magnesium, Mg.....mg	9		0	MC	9		5		
Phosphorus, P.....mg	43		0	MC	9		22		
Potassium, K.....mg	54		0	MC	9		28		
Sodium, Na.....mg	350		0	MC	9		182		
Zinc, Zn.....mg	0.30		0	MC	9		0.16		
Copper, Cu.....mg	0.000		0	MC	9		0.000		
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.300		0	MC	9		0.156		
Riboflavin.....mg	0.300		0	MC	9		0.156		
Niacin.....mg	3.800		0	MC	9		1.976		
Pantothenic acid.....mg	0.000		0	MC	9		0.000		
Vitamin B-6.....mg	0.400		0	MC	9		0.208		
Folate, total.....µg	100		0	MC	9		52		
Folic acid.....µg									
Folate, food.....µg	100		0	MC	9		52		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....mcg_RAE	48		0	NC	4		25		
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	962		0	MC	9		500		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.200		0	MC	9		0.624		
Fatty acids, total monounsaturated.....g	2.900		0	MC	9		1.508		

NDB No. 18496

Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Strawberry

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	<u>measures of food</u>		
							Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	1.300		0	MC	9		0.676		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 52g: 1 pastry

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18475

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Apple cinnamon

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	12.50		0	MC	9		6.50		
Energy.....kcal	395		0	MC	9		205		
Energy.....kJ	1653				9		859		
Protein.....g	4.40		0	MC	9		2.29		
Total lipid (fat).....g	10.20		0	MC	9		5.30		
Ash.....g	0.94		0	MC	9		0.49		
Carbohydrate, by difference.....g	72.02		0	MC	9		37.45		
Fiber, total dietary.....g	1.1		0	MC	9		0.6		
Sugars, total.....g	33.70		0	MC	9		17.52		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	23		0	MC	9		12		
Iron, Fe.....mg	3.50		0	MC	9		1.82		
Magnesium, Mg.....mg	11		0	MC	9		6		
Phosphorus, P.....mg	53		0	MC	9		28		
Potassium, K.....mg	91		0	MC	9		47		
Sodium, Na.....mg	334		0	MC	9		174		
Zinc, Zn.....mg	0.65		0	MC	9		0.34		
Copper, Cu.....mg	0.040		0	MC	9		0.021		
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.290		0	MC	9		0.151		
Riboflavin.....mg	0.330		0	MC	9		0.172		
Niacin.....mg	3.800		0	MC	9		1.976		
Pantothenic acid.....mg	0.000		0	MC	9		0.000		
Vitamin B-6.....mg	0.380		0	MC	9		0.198		
Folate, total.....µg	80		0	MC	9		42		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	962		0	MC	9		500		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.690		0	MC	9		0.879		
Fatty acids, total monounsaturated.....g	5.870		0	MC	9		3.052		
Fatty acids, total polyunsaturated.....g	2.600		0	MC	9		1.352		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18475

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Apple cinnam on

Common Measures:

Measure 1 = 52g: 1 pastry

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18476
Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Blueberry
Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	12.50		0	MC	9		6.50		
Energy.....kcal	408		0	MC	9		212		
Energy.....kJ	1707		0	MC	9		888		
Protein.....g	4.60		0	MC	9		2.39		
Total lipid (fat).....g	13.30		0	MC	9		6.92		
Ash.....g	1.19		0	MC	9		0.62		
Carbohydrate, by difference.....g	68.38		0	MC	9		35.56		
Fiber, total dietary.....g	1.1		0	MC	9		0.6		
Sugars, total.....g	30.90		0	MC	9		16.07		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	24		0	MC	9		12		
Iron, Fe.....mg	3.50		0	MC	9		1.82		
Magnesium, Mg.....mg	16		0	MC	9		8		
Phosphorus, P.....mg	88		0	MC	9		46		
Potassium, K.....mg	95		0	MC	9		49		
Sodium, Na.....mg	350		0	MC	9		182		
Zinc, Zn.....mg	1.27		0	MC	9		0.66		
Copper, Cu.....mg	0.150		0	MC	9		0.078		
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.290		0	MC	9		0.151		
Riboflavin.....mg	0.330		0	MC	9		0.172		
Niacin.....mg	3.800		0	MC	9		1.976		
Pantothenic acid.....mg	0.000		0	MC	9		0.000		
Vitamin B-6.....mg	0.380		0	MC	9		0.198		
Folate, total.....µg	80		0	MC	9		42		
Folic acid.....µg									
Folate, food.....µg	80		0	MC	9		42		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	NR	4		0		
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	962		0	MC	9		500		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	2.020		0	MC	9		1.050		
Fatty acids, total monounsaturated.....g	6.500		0	MC	9		3.380		

NDB No. 18476

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Blueberry

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	4.810		0	MC	9		2.501		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 52g: 1 pastry

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18478

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Brown sugar cinnamon

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	10.50		0	MC	9		5.25		
Energy.....kcal	438		0	MC	9		219		
Energy.....kJ	1833		0	MC	9		917		
Protein.....g	5.40		0	MC	9		2.70		
Total lipid (fat).....g	18.40		0	MC	9		9.20		
Ash.....g	1.36		0	MC	9		0.68		
Carbohydrate, by difference.....g	64.40		0	MC	9		32.20		
Fiber, total dietary.....g	1.5		0	MC	9		0.8		
Sugars, total.....g	25.40		0	MC	9		12.70		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	31		0	MC	9		16		
Iron, Fe.....mg	3.60		0	MC	9		1.80		
Magnesium, Mg.....mg	16		0	MC	9		8		
Phosphorus, P.....mg	63		0	MC	9		32		
Potassium, K.....mg	135		0	MC	9		68		
Sodium, Na.....mg	380		0	MC	9		190		
Zinc, Zn.....mg	1.22		0	MC	9		0.61		
Copper, Cu.....mg	0.080		0	MC	9		0.040		
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.300		0	MC	9		0.150		
Riboflavin.....mg	0.340		0	MC	9		0.170		
Niacin.....mg	4.000		0	MC	9		2.000		
Pantothenic acid.....mg	0.000		0	MC	9		0.000		
Vitamin B-6.....mg	0.400		0	MC	9		0.200		
Folate, total.....µg	80		0	MC	9		40		
Folic acid.....µg									
Folate, food.....µg	80		0	MC	9		40		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....mcg_RAE									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	1000		0	MC	9		500		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	2.080		0	MC	9		1.040		
Fatty acids, total monounsaturated.....g	7.140		0	MC	9		3.570		

NDB No. 18478

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Brown sugar cinnamon

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Measure 1	Measure 2	Measure 3
			of Data	Code	Code			
			Points	Code	Code			
Fatty acids, total polyunsaturated.....g	9.140		0	MC	9	4.570		
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	MC	9	0		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 50g: 1 pastry

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18480

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Cherry

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	12.50		0	MC	9		6.50		
Energy.....kcal	393		0	MC	9		204		
Energy.....kJ	1644				9		855		
Protein.....g	4.60		0	MC	9		2.39		
Total lipid (fat).....g	10.40		0	MC	9		5.41		
Ash.....g	1.23		0	MC	9		0.64		
Carbohydrate, by difference.....g	71.19		0	MC	9		37.02		
Fiber, total dietary.....g	1.1		0	MC	9		0.6		
Sugars, total.....g	31.70		0	MC	9		16.48		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	28		0	MC	9		15		
Iron, Fe.....mg	3.50		0	MC	9		1.82		
Magnesium, Mg.....mg	16		0	MC	9		8		
Phosphorus, P.....mg	85		0	MC	9		44		
Potassium, K.....mg	114		0	MC	9		59		
Sodium, Na.....mg	423		0	MC	9		220		
Zinc, Zn.....mg	1.23		0	MC	9		0.64		
Copper, Cu.....mg	0.150		0	MC	9		0.078		
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.290		0	MC	9		0.151		
Riboflavin.....mg	0.330		0	MC	9		0.172		
Niacin.....mg	3.800		0	MC	9		1.976		
Pantothenic acid.....mg	0.000		0	MC	9		0.000		
Vitamin B-6.....mg	0.380		0	MC	9		0.198		
Folate, total.....µg	80		0	MC	9		42		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	962		0	MC	9		500		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.670		0	MC	9		0.868		
Fatty acids, total monounsaturated.....g	5.730		0	MC	9		2.980		
Fatty acids, total polyunsaturated.....g	3.000		0	MC	9		1.560		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18480

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Cherry

Common Measures:

Measure 1 = 52g: 1 pastry

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18477

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted blueberry

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	12.50		0	MC	9		6.50		
Energy.....kcal	391		0	MC	9		203		
Energy.....kJ	1636		0	MC	9		851		
Protein.....g	4.60		0	MC	9		2.39		
Total lipid (fat).....g	10.00		0	MC	9		5.20		
Ash.....g	1.19		0	MC	9		0.62		
Carbohydrate, by difference.....g	71.77		0	MC	9		37.32		
Fiber, total dietary.....g	1.1		0	MC	9		0.6		
Sugars, total.....g	31.20		0	MC	9		16.22		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	24		0	MC	9		12		
Iron, Fe.....mg	3.50		0	MC	9		1.82		
Magnesium, Mg.....mg	16		0	MC	9		8		
Phosphorus, P.....mg	85		0	MC	9		44		
Potassium, K.....mg	95		0	MC	9		49		
Sodium, Na.....mg	320		0	MC	9		166		
Zinc, Zn.....mg	1.23		0	MC	9		0.64		
Copper, Cu.....mg	0.150		0	MC	9		0.078		
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.290		0	MC	9		0.151		
Riboflavin.....mg	0.330		0	MC	9		0.172		
Niacin.....mg	3.800		0	MC	9		1.976		
Pantothenic acid.....mg	0.000		0	MC	9		0.000		
Vitamin B-6.....mg	0.380		0	MC	9		0.198		
Folate, total.....µg	80		0	MC	9		42		
Folic acid.....µg									
Folate, food.....µg	80		0	MC	9		42		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....mcg_RAE									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	962		0	MC	9		500		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.980		0	MC	9		1.030		
Fatty acids, total monounsaturated.....g	6.830		0	MC	9		3.552		

NDB No. 18477

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted blueberry

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Measure 1	Measure 2	Measure 3
			of Data	Code	Code			
			Points	Code	Code			
Fatty acids, total polyunsaturated.....g	1.130		0	MC	9	0.588		
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	MC	9	0		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 52g: 1 pastry

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18479

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted brown sugar cinnamon

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	10.50		0	MC	9		5.25		
Energy.....kcal	422		0	MC	9		211		
Energy.....kJ	1766		0	MC	9		883		
Protein.....g	5.00		0	MC	9		2.50		
Total lipid (fat).....g	14.80		0	MC	9		7.40		
Ash.....g	1.26		0	MC	9		0.63		
Carbohydrate, by difference.....g	68.32		0	MC	9		34.16		
Fiber, total dietary.....g	1.3		0	MC	9		0.7		
Sugars, total.....g	30.80		0	MC	9		15.40		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	29		0	MC	9		15		
Iron, Fe.....mg	3.60		0	MC	9		1.80		
Magnesium, Mg.....mg	15		0	MC	9		8		
Phosphorus, P.....mg	93		0	MC	9		47		
Potassium, K.....mg	111		0	MC	9		56		
Sodium, Na.....mg	350		0	MC	9		175		
Zinc, Zn.....mg	2.42		0	MC	9		1.21		
Copper, Cu.....mg	0.080		0	MC	9		0.040		
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.300		0	MC	9		0.150		
Riboflavin.....mg	0.340		0	MC	9		0.170		
Niacin.....mg	4.000		0	MC	9		2.000		
Pantothenic acid.....mg	0.000		0	MC	9		0.000		
Vitamin B-6.....mg	0.400		0	MC	9		0.200		
Folate, total.....µg	80		0	MC	9		40		
Folic acid.....µg									
Folate, food.....µg	80		0	MC	9		40		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	NR	4		0		
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	1000		0	MC	9		500		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	2.260		0	MC	9		1.130		
Fatty acids, total monounsaturated.....g	7.880		0	MC	9		3.940		

NDB No. 18479

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted brown sugar cinnamon

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number			<u>measures of food</u>			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
Fatty acids, total polyunsaturated.....g	4.760		0	MC	9		2.380		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 50g: 1 pastry

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18481

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted cherry

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	12.50		0	MC	9		6.50		
Energy.....kcal	393		0	MC	9		204		
Energy.....kJ	1644		0	MC	9		855		
Protein.....g	4.20		0	MC	9		2.18		
Total lipid (fat).....g	10.20		0	MC	9		5.30		
Ash.....g	1.10		0	MC	9		0.57		
Carbohydrate, by difference.....g	71.96		0	MC	9		37.42		
Fiber, total dietary.....g	1.0		0	MC	9		0.5		
Sugars, total.....g	36.00		0	MC	9		18.72		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	25		0	MC	9		13		
Iron, Fe.....mg	3.50		0	MC	9		1.82		
Magnesium, Mg.....mg	14		0	MC	9		7		
Phosphorus, P.....mg	80		0	MC	9		42		
Potassium, K.....mg	95		0	MC	9		49		
Sodium, Na.....mg	320		0	NR	4		166		
Zinc, Zn.....mg	1.46		0	MC	9		0.76		
Copper, Cu.....mg	0.190		0	MC	9		0.099		
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.290		0	MC	9		0.151		
Riboflavin.....mg	0.330		0	MC	9		0.172		
Niacin.....mg	3.850		0	MC	9		2.002		
Pantothenic acid.....mg	0.000		0	MC	9		0.000		
Vitamin B-6.....mg	0.390		0	MC	9		0.203		
Folate, total.....µg	80		0	MC	9		42		
Folic acid.....µg									
Folate, food.....µg	80		0	MC	9		42		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	NR	4		0		
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	962		0	MC	9		500		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.940		0	MC	9		1.009		
Fatty acids, total monounsaturated.....g	6.690		0	MC	9		3.479		

NDB No. 18481

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted cherry

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Fatty acids, total polyunsaturated.....g	1.580		0	MC	9		0.822		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 52g: 1 pastry

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18482

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	12.50		0	MC	9		6.50		
Energy.....kcal	387		0	MC	9		201		
Energy.....kJ	1619		0	MC	9		842		
Protein.....g	5.10		0	MC	9		2.65		
Total lipid (fat).....g	9.30		0	MC	9		4.84		
Ash.....g	1.30		0	MC	9		0.68		
Carbohydrate, by difference.....g	71.80		0	MC	9		37.34		
Fiber, total dietary.....g	1.1		0	MC	9		0.6		
Sugars, total.....g	38.00		0	MC	9		19.76		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	38		0	MC	9		20		
Iron, Fe.....mg	3.50		0	MC	9		1.82		
Magnesium, Mg.....mg	29		0	MC	9		15		
Phosphorus, P.....mg	84		0	MC	9		44		
Potassium, K.....mg	158		0	MC	9		82		
Sodium, Na.....mg	440		0	MC	9		229		
Zinc, Zn.....mg	0.50		0	MC	9		0.26		
Copper, Cu.....mg	0.200		0	MC	9		0.104		
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.300		0	MC	9		0.156		
Riboflavin.....mg	0.300		0	MC	9		0.156		
Niacin.....mg	3.800		0	MC	9		1.976		
Pantothenic acid.....mg	0.000		0	MC	9		0.000		
Vitamin B-6.....mg	0.400		0	MC	9		0.208		
Folate, total.....µg	100		0	MC	9		52		
Folic acid.....µg									
Folate, food.....µg	100		0	MC	9		52		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....mcg_RAE									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	962		0	MC	9		500		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.900		0	MC	9		0.988		
Fatty acids, total monounsaturated.....g	5.200		0	MC	9		2.704		

NDB No. 18482

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Measure 1	Measure 2	Measure 3
			of Data	Code	Code			
			Points	Code	Code			
Fatty acids, total polyunsaturated.....g	2.200		0	MC	9	1.144		
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	MC	9	0		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 52g: 1 pastry

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18483

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate vanilla creme

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	12.50		0	MC	9		6.50		
Energy.....kcal	391		0	MC	9		203		
Energy.....kJ	1636				9		851		
Protein.....g	5.00		0	MC	9		2.60		
Total lipid (fat).....g	10.20		0	MC	9		5.30		
Ash.....g	1.44		0	MC	9		0.75		
Carbohydrate, by difference.....g	70.84		0	MC	9		36.84		
Fiber, total dietary.....g	1.0		0	MC	9		0.5		
Sugars, total.....g	37.30		0	MC	9		19.40		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	30		0	MC	9		16		
Iron, Fe.....mg	3.50		0	MC	9		1.82		
Magnesium, Mg.....mg	22		0	MC	9		11		
Phosphorus, P.....mg	69		0	MC	9		36		
Potassium, K.....mg	120		0	MC	9		62		
Sodium, Na.....mg	441		0	MC	9		229		
Zinc, Zn.....mg	1.20		0	MC	9		0.62		
Copper, Cu.....mg	0.100		0	MC	9		0.052		
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.290		0	MC	9		0.151		
Riboflavin.....mg	0.330		0	MC	9		0.172		
Niacin.....mg	3.800		0	MC	9		1.976		
Pantothenic acid.....mg	0.000		0	MC	9		0.000		
Vitamin B-6.....mg	0.400		0	MC	9		0.208		
Folate, total.....µg	100		0	MC	9		52		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	962		0	MC	9		500		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.940		0	MC	9		1.009		
Fatty acids, total monounsaturated.....g	6.190		0	MC	9		3.219		
Fatty acids, total polyunsaturated.....g	1.980		0	MC	9		1.030		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18483

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate vanilla creme

Common Measures:

Measure 1 = 52g: 1 pastry

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18484

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted grape

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	12.50		0	MC	9		6.50		
Energy.....kcal	391		0	MC	9		203		
Energy.....kJ	1636		0	MC	9		851		
Protein.....g	4.40		0	MC	9		2.29		
Total lipid (fat).....g	9.80		0	MC	9		5.10		
Ash.....g	1.12		0	MC	9		0.58		
Carbohydrate, by difference.....g	72.25		0	MC	9		37.57		
Fiber, total dietary.....g	1.0		0	MC	9		0.5		
Sugars, total.....g	35.40		0	MC	9		18.41		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	23		0	MC	9		12		
Iron, Fe.....mg	3.50		0	MC	9		1.82		
Magnesium, Mg.....mg	21		0	MC	9		11		
Phosphorus, P.....mg	89		0	MC	9		46		
Potassium, K.....mg	115		0	MC	9		60		
Sodium, Na.....mg	333		0	MC	9		173		
Zinc, Zn.....mg	1.30		0	MC	9		0.68		
Copper, Cu.....mg	0.100		0	MC	9		0.052		
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.290		0	MC	9		0.151		
Riboflavin.....mg	0.330		0	MC	9		0.172		
Niacin.....mg	3.800		0	MC	9		1.976		
Pantothenic acid.....mg	0.000		0	MC	9		0.000		
Vitamin B-6.....mg	0.400		0	MC	9		0.208		
Folate, total.....µg	100		0	MC	9		52		
Folic acid.....µg									
Folate, food.....µg	100		0	MC	9		52		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....mcg_RAE									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	962		0	MC	9		500		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.730		0	MC	9		0.900		
Fatty acids, total monounsaturated.....g	5.900		0	MC	9		3.068		

NDB No. 18484

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted grape

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number			<u>measures of food</u>			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
Fatty acids, total polyunsaturated.....g	2.150		0	MC	9		1.118		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 52g: 1 pastry

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18486

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted raspberry

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	12.50		0	MC	9		6.50		
Energy.....kcal	395		0	MC	9		205		
Energy.....kJ	1653		0	MC	9		859		
Protein.....g	4.20		0	MC	9		2.18		
Total lipid (fat).....g	10.60		0	MC	9		5.51		
Ash.....g	1.08		0	MC	9		0.56		
Carbohydrate, by difference.....g	71.54		0	MC	9		37.20		
Fiber, total dietary.....g	1.0		0	MC	9		0.5		
Sugars, total.....g	35.40		0	MC	9		18.41		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	22		0	MC	9		11		
Iron, Fe.....mg	3.50		0	MC	9		1.82		
Magnesium, Mg.....mg	16		0	MC	9		8		
Phosphorus, P.....mg	88		0	MC	9		46		
Potassium, K.....mg	85		0	MC	9		44		
Sodium, Na.....mg	320		0	MC	9		166		
Zinc, Zn.....mg	1.21		0	MC	9		0.63		
Copper, Cu.....mg	0.080		0	MC	9		0.042		
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.290		0	MC	9		0.151		
Riboflavin.....mg	0.330		0	MC	9		0.172		
Niacin.....mg	3.800		0	MC	9		1.976		
Pantothenic acid.....mg	0.000		0	MC	9		0.000		
Vitamin B-6.....mg	0.400		0	MC	9		0.208		
Folate, total.....µg	100		0	MC	9		52		
Folic acid.....µg									
Folate, food.....µg	100		0	MC	9		52		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	NR	4		0		
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	962		0	MC	9		500		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.880		0	MC	9		0.978		
Fatty acids, total monounsaturated.....g	6.170		0	MC	9		3.208		

NDB No. 18486

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted raspberry

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	<u>measures of food</u>		
							Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	2.560		0	MC	9		1.331		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 52g: 1 pastry

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18489

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted strawberry

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	12.50		0	MC	9		6.50		
Energy.....kcal	390		0	MC	9		203		
Energy.....kJ	1632		0		9		849		
Protein.....g	4.40		0	MC	9		2.29		
Total lipid (fat).....g	9.60		0	MC	9		4.99		
Ash.....g	1.10		0	MC	9		0.57		
Carbohydrate, by difference.....g	72.40		0	MC	9		37.65		
Fiber, total dietary.....g	1.0		0	MC	9		0.5		
Sugars, total.....g	37.50		0	MC	9		19.50		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	22		0	MC	9		11		
Iron, Fe.....mg	3.50		0	MC	9		1.82		
Magnesium, Mg.....mg	10		0	MC	9		5		
Phosphorus, P.....mg	51		0	MC	9		27		
Potassium, K.....mg	85		0	MC	9		44		
Sodium, Na.....mg	325		0	MC	9		169		
Zinc, Zn.....mg	0.30		0	MC	9		0.16		
Copper, Cu.....mg	0.000		0	MC	9		0.000		
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.300		0	MC	9		0.156		
Riboflavin.....mg	0.300		0	MC	9		0.156		
Niacin.....mg	3.800		0	MC	9		1.976		
Pantothenic acid.....mg	0.000		0	MC	9		0.000		
Vitamin B-6.....mg	0.400		0	MC	9		0.208		
Folate, total.....µg	100		0	MC	9		52		
Folate, DFE.....mcg_DFE									
Choline, total.....mg	7.8		0	AS	1		4.0		
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	962		0	MC	9		500		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	2.600		0	MC	9		1.352		
Fatty acids, total monounsaturated.....g	5.600		0	MC	9		2.912		
Fatty acids, total polyunsaturated.....g	1.400		0	MC	9		0.728		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18489

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted strawberry

Common Measures:

Measure 1 = 52g: 1 pastry

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18490

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted wild berry

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	12.50		0	MC	9		6.75		
Energy.....kcal	388		0	MC	9		210		
Energy.....kJ	1623				9		877		
Protein.....g	4.30		0	MC	9		2.32		
Total lipid (fat).....g	9.20		0	MC	9		4.97		
Ash.....g	1.00		0	MC	9		0.54		
Carbohydrate, by difference.....g	72.90		0	MC	9		39.37		
Fiber, total dietary.....g	1.0		0	MC	9		0.5		
Sugars, total.....g	38.80		0	MC	9		20.95		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	21		0	MC	9		11		
Iron, Fe.....mg	3.30		0	MC	9		1.78		
Magnesium, Mg.....mg	10		0	MC	9		5		
Phosphorus, P.....mg	49		0	MC	9		26		
Potassium, K.....mg	82		0	MC	9		44		
Sodium, Na.....mg	311		0	MC	9		168		
Zinc, Zn.....mg	0.30		0	MC	9		0.16		
Copper, Cu.....mg	0.000		0	MC	9		0.000		
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.300		0	MC	9		0.162		
Riboflavin.....mg	0.300		0	MC	9		0.162		
Niacin.....mg	3.700		0	MC	9		1.998		
Pantothenic acid.....mg	0.000		0	MC	9		0.000		
Vitamin B-6.....mg	0.400		0	MC	9		0.216		
Folate, total.....µg	100		0	MC	9		54		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	926		0	MC	9		500		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	2.600		0	MC	9		1.404		
Fatty acids, total monounsaturated.....g	5.400		0	MC	9		2.916		
Fatty acids, total polyunsaturated.....g	1.300		0	MC	9		0.702		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18490

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted wild berry

Common Measures:

Measure 1 = 54g: 1 pastry

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18487

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, S'mores

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	12.50		0	MC	9		6.50		
Energy.....kcal	392		0	MC	9		204		
Energy.....kJ	1640		0	MC	9		853		
Protein.....g	6.20		0	MC	9		3.22		
Total lipid (fat).....g	10.50		0	MC	9		5.46		
Ash.....g	1.20		0	MC	9		0.62		
Carbohydrate, by difference.....g	69.60		0	MC	9		36.19		
Fiber, total dietary.....g	1.4		0	MC	9		0.7		
Sugars, total.....g	36.50		0	MC	9		18.98		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	29		0	MC	9		15		
Iron, Fe.....mg	3.50		0	MC	9		1.82		
Magnesium, Mg.....mg	21		0	MC	9		11		
Phosphorus, P.....mg	75		0	MC	9		39		
Potassium, K.....mg	125		0	MC	9		65		
Sodium, Na.....mg	410		0	MC	9		213		
Zinc, Zn.....mg	0.40		0	MC	9		0.21		
Copper, Cu.....mg	0.100		0	MC	9		0.052		
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.300		0	MC	9		0.156		
Riboflavin.....mg	0.300		0	MC	9		0.156		
Niacin.....mg	3.800		0	MC	9		1.976		
Pantothenic acid.....mg	0.000		0	MC	9		0.000		
Vitamin B-6.....mg	0.400		0	MC	9		0.208		
Folate, total.....µg	100		0	MC	9		52		
Folic acid.....µg									
Folate, food.....µg	100		0	MC	9		52		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....mcg_RAE									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	962		0	MC	9		500		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	2.800		0	MC	9		1.456		
Fatty acids, total monounsaturated.....g	5.900		0	MC	9		3.068		

NDB No. 18487

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, S'mores

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	1.800		0	MC	9		0.936		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 52g: 1 pastry

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18488

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Strawberry

Kellogg, Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	12.50		0	MC	9		6.50		
Energy.....kcal	394		0	MC	9		205		
Energy.....kJ	1648		0		9		857		
Protein.....g	4.70		0	MC	9		2.44		
Total lipid (fat).....g	10.50		0	MC	9		5.46		
Ash.....g	1.20		0	MC	9		0.62		
Carbohydrate, by difference.....g	71.00		0	MC	9		36.92		
Fiber, total dietary.....g	1.1		0	MC	9		0.6		
Sugars, total.....g	33.00		0	MC	9		17.16		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	24		0	MC	9		12		
Iron, Fe.....mg	3.50		0	MC	9		1.82		
Magnesium, Mg.....mg	11		0	MC	9		6		
Phosphorus, P.....mg	55		0	MC	9		29		
Potassium, K.....mg	93		0	MC	9		48		
Sodium, Na.....mg	355		0	MC	9		185		
Zinc, Zn.....mg	0.30		0	MC	9		0.16		
Copper, Cu.....mg	0.000		0	MC	9		0.000		
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.300		0	MC	9		0.156		
Riboflavin.....mg	0.300		0	MC	9		0.156		
Niacin.....mg	3.800		0	MC	9		1.976		
Pantothenic acid.....mg	0.000		0	MC	9		0.000		
Vitamin B-6.....mg	0.400		0	MC	9		0.208		
Folate, total.....µg	100		0	MC	9		52		
Folate, DFE.....mcg_DFE									
Choline, total.....mg	8.4		0	AS	1		4.3		
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	MC	9		0.00		
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	962		0	MC	9		500		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	2.900		0	MC	9		1.508		
Fatty acids, total monounsaturated.....g	6.200		0	MC	9		3.224		
Fatty acids, total polyunsaturated.....g	1.500		0	MC	9		0.780		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18488

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Strawberry

Common Measures:

Measure 1 = 52g: 1 pastry

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Vitamin D3 (cholecalciferol).....µg							
Vitamin D.....IU	0		0	Z	7	0	0
Vitamin K (phylloquinone).....µg	6.9		2	A	1	3.8	2.0
Dihydrophyloquinone.....µg							
Menaquinone-4.....µg							
Lipids:							
Fatty acids, total saturated.....g	2.672		0	NC	4	1.470	0.757
4:0.....g	0.000		2	A	1	0.000	0.000
6:0.....g	0.000		2	A	1	0.000	0.000
8:0.....g	0.000		2	A	1	0.000	0.000
10:0.....g	0.000		2	A	1	0.000	0.000
12:0.....g	0.000		2	A	1	0.000	0.000
13:0.....g	0.000		2	A	1	0.000	0.000
14:0.....g	0.000		2	A	1	0.000	0.000
15:0.....g	0.000		2	A	1	0.000	0.000
16:0.....g	1.402		2	A	1	0.771	0.398
17:0.....g	0.000		2	A	1	0.000	0.000
18:0.....g	1.231		2	A	1	0.677	0.349
20:0.....g	0.039		2	A	1	0.021	0.011
22:0.....g	0.000		2	A	1	0.000	0.000
24:0.....g	0.000		2	A	1	0.000	0.000
Fatty acids, total monounsaturated.....g	5.733		0	NC	4	3.153	1.625
14:1.....g	0.000		2	A	1	0.000	0.000
15:1.....g	0.000		2	A	1	0.000	0.000
16:1 undifferentiated.....g	0.000		2	A	1	0.000	0.000
17:1.....g	0.000		2	A	1	0.000	0.000
18:1 undifferentiated.....g	5.719		0	AS	1	3.145	1.621
20:1.....g	0.000		2	A	1	0.000	0.000
22:1 undifferentiated.....g	0.015		2	A	1	0.008	0.004
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	1.235		0	NC	4	0.679	0.350
18:2 undifferentiated.....g	1.182		2	A	1	0.650	0.335
18:3 undifferentiated.....g	0.053		0	AS	1	0.029	0.015
18:4.....g	0.000		0	FLA	4	0.000	0.000
20:2 n-6 c,c.....g	0.000		2	A	1	0.000	0.000
20:3 undifferentiated.....g	0.000		2	A	1	0.000	0.000
20:4 undifferentiated.....g	0.000		2	A	1	0.000	0.000
20:5 n-3 (EPA).....g	0.000		2	A	1	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0	FLA	4	0.000	0.000
22:6 n-3 (DHA).....g	0.000		2	A	1	0.000	0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0	FLA	4	0	0
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.043		0	FLA	4	0.024	0.012
Threonine.....g	0.106		0	FLA	4	0.058	0.030
Isoleucine.....g	0.139		0	FLA	4	0.077	0.039
Leucine.....g	0.265		0	FLA	4	0.146	0.075
Lysine.....g	0.111		0	FLA	4	0.061	0.031
Methionine.....g	0.058		0	FLA	4	0.032	0.016
Cystine.....g	0.102		0	FLA	4	0.056	0.029
Phenylalanine.....g	0.167		0	FLA	4	0.092	0.047
Tyrosine.....g	0.052		0	FLA	4	0.028	0.015
Valine.....g	0.164		0	FLA	4	0.090	0.047
Arginine.....g	0.141		0	FLA	4	0.077	0.040
Histidine.....g	0.079		0	FLA	4	0.044	0.023
Alanine.....g	0.119		0	FLA	4	0.065	0.034
Aspartic acid.....g	0.166		0	FLA	4	0.091	0.047
Glutamic acid.....g	1.222		0	FLA	4	0.672	0.347
Glycine.....g	0.132		0	FLA	4	0.073	0.038
Proline.....g	0.416		0	FLA	4	0.229	0.118
Serine.....g	0.169		0	FLA	4	0.093	0.048
Hydroxyproline.....g	0.000		2	A	1	0.000	

NDB No. 18938

Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, straw berry)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g	0.000			A	1		0.000		
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4	0.0	0.0		
Caffeine.....mg	0		0	FLA	4	0	0		
Theobromine.....mg	0		0	FLA	4	0	0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 55g: 1 pastry

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18361

Toaster pastries, brown-sugar-cinnamon

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	10.80	0.624	4		1		3.06	5.40	
Energy.....kcal	412		0	NC	4		117	206	
Energy.....kJ	1724				4		489	862	
Protein (N x 5.8).....g	5.10	0.280	4		1		1.45	2.55	
Total lipid (fat).....g	14.20	1.089	4		1		4.03	7.10	
Ash.....g	1.80		2		1		0.51	0.90	
Carbohydrate, by difference.....g	68.10		0	NC	4		19.31	34.05	
Fiber, total dietary.....g	1.0		0		1		0.3	0.5	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	34		2		1		10	17	
Iron, Fe.....mg	4.03	0.278	5		1		1.14	2.02	
Magnesium, Mg.....mg	24	2.850	4		1		7	12	
Phosphorus, P.....mg	133		2		1		38	67	
Potassium, K.....mg	114	21.433	4		1		32	57	
Sodium, Na.....mg	424	17.242	4		1		120	212	
Zinc, Zn.....mg	0.63	0.090	5		1		0.18	0.32	
Copper, Cu.....mg	0.132	0.007	5		1		0.037	0.066	
Manganese, Mn.....mg	0.322	0.024	3		1		0.091	0.161	
Selenium, Se.....µg	12.6		0	FLA	4		3.6	6.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	FLA	4		0.0	0.1	
Thiamin.....mg	0.373	0.046	4		1		0.106	0.187	
Riboflavin.....mg	0.576	0.137	4		1		0.163	0.288	
Niacin.....mg	4.574	0.347	4		1		1.297	2.287	
Pantothenic acid.....mg	0.265	0.025	4		1		0.075	0.133	
Vitamin B-6.....mg	0.425	0.015	4		1		0.120	0.213	
Folate, total.....µg	29		0	FLA	4		8	15	
Folic acid.....µg	18			FLA	4		5	9	
Folate, food.....µg	11			FLA	4		3	6	
Folate, DFE.....mcg_DFE	42		0	NC	4		12	21	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.22		0	FLA	4		0.06	0.11	
Vitamin A, RAE.....mcg_RAE	296		0	NC	4		84	148	
Retinol.....µg	296		0	NC	4		84	148	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	986		2		1		280	493	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	3.639		0	FLA	4		1.032	1.820	
4:0.....g	0.005		0	FLA	4		0.001	0.003	

NDB No. 18361

Toaster pastries, brown-sugar-cinnamon

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.001		0	FLA	4		0.000	0.001	
8:0.....g	0.001		0	FLA	4		0.000	0.001	
10:0.....g	0.002		0	FLA	4		0.001	0.001	
12:0.....g	0.001		0	FLA	4		0.000	0.001	
13:0.....g									
14:0.....g	0.078		0	FLA	4		0.022	0.039	
15:0.....g									
16:0.....g	1.871		0	FLA	4		0.530	0.936	
17:0.....g									
18:0.....g	1.675		0	FLA	4		0.475	0.838	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.032		0	FLA	4		2.277	4.016	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	FLA	4		0.001	0.002	
17:1.....g									
18:1 undifferentiated.....g	8.027		0	FLA	4		2.276	4.014	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.802		0	FLA	4		0.511	0.901	
18:2 undifferentiated.....g	1.711		0	FLA	4		0.485	0.856	
18:3 undifferentiated.....g	0.091		0	FLA	4		0.026	0.046	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.057		0		1		0.016	0.029	
Threonine.....g	0.146		0		1		0.041	0.073	
Isoleucine.....g	0.169		0		1		0.048	0.085	
Leucine.....g	0.324		0		1		0.092	0.162	
Lysine.....g	0.137		0		1		0.039	0.069	
Methionine.....g	0.080		0		1		0.023	0.040	
Cystine.....g	0.094		0		1		0.027	0.047	
Phenylalanine.....g	0.214		0		1		0.061	0.107	
Tyrosine.....g	0.134		0		1		0.038	0.067	
Valine.....g	0.189		0		1		0.054	0.095	
Arginine.....g	0.174		0		1		0.049	0.087	
Histidine.....g	0.098		0		1		0.028	0.049	
Alanine.....g	0.153		0		1		0.043	0.077	
Aspartic acid.....g	0.226		0		1		0.064	0.113	
Glutamic acid.....g	1.405		0		1		0.398	0.703	
Glycine.....g	0.152		0		1		0.043	0.076	
Proline.....g	0.484		0		1		0.137	0.242	
Serine.....g	0.223		0		1		0.063	0.112	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18361

Toaster pastries, brown-sugar-cinnamon

Measure 2 = 50g: 1 toaster pastry

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18362

Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	14.43		2	A	1		4.09	7.79	
Energy.....kcal	391		0	NC	4		111	211	
Energy.....kJ	1635		0	NC	4		463	883	
Protein.....g	4.67		2	A	1		1.32	2.52	
Total lipid (fat).....g	10.56		2	A	1		3.00	5.71	
Ash.....g	1.11		2	A	1		0.32	0.60	
Carbohydrate, by difference.....g	69.23		0	NC	4		19.63	37.38	
Fiber, total dietary.....g	1.1		2	A	1		0.3	0.6	
Sugars, total.....g	28.59		2	A	1		8.11	15.44	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	11		1	A	1		3	6	
Iron, Fe.....mg	3.85		1	A	1		1.09	2.08	
Magnesium, Mg.....mg	12		1	A	1		3	6	
Phosphorus, P.....mg	71		1	A	1		20	39	
Potassium, K.....mg	75		1	A	1		21	41	
Sodium, Na.....mg	334		1	A	1		95	180	
Zinc, Zn.....mg	0.35		1	A	1		0.10	0.19	
Copper, Cu.....mg	0.059		1	A	1		0.017	0.032	
Manganese, Mn.....mg	0.312		1	A	1		0.088	0.168	
Selenium, Se.....µg	5.2		2	A	1		1.5	2.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		2	A	1		0.0	0.0	
Thiamin.....mg	0.366		2	A	1		0.104	0.197	
Riboflavin.....mg	0.545		2	A	1		0.154	0.294	
Niacin.....mg	5.100		2	A	1		1.446	2.754	
Pantothenic acid.....mg	0.275		2	A	1		0.078	0.149	
Vitamin B-6.....mg	0.445		2	A	1		0.126	0.240	
Folate, total.....µg	51		2	A	1		14	27	
Folic acid.....µg	43		2	A	1		12	23	
Folate, food.....µg	8		0	AS	1		2	4	
Folate, DFE.....mcg_DFE	81		0	NC	4		23	44	
Choline, total.....mg	7.8		0	BFZN	4		2.2	4.2	
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	306		2	AS	1		87	165	
Retinol.....µg	306		2	A	1		87	165	
Carotene, beta.....µg	3		2	A	1		1	1	
Carotene, alpha.....µg	3		2	A	1		1	1	
Cryptoxanthin, beta.....µg	3		2	A	1		1	1	
Vitamin A, IU.....IU	1028		0	AS	1		292	555	
Lycopene.....µg	3		2	A	1		1	1	
Lutein + zeaxanthin.....µg	11		0	FLA	4		3	6	
Vitamin E (alpha-tocopherol).....mg	0.79		2	A	1		0.23	0.43	
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	5.8		2	A	1		1.7	3.1	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	2.618		0	NC	4		0.742	1.414	
4:0.....g	0.000		2	A	1		0.000	0.000	
6:0.....g	0.000		2	A	1		0.000	0.000	
8:0.....g	0.000		2	A	1		0.000	0.000	
10:0.....g	0.000		2	A	1		0.000	0.000	
12:0.....g	0.000		2	A	1		0.000	0.000	
13:0.....g	0.000		2	A	1		0.000	0.000	
14:0.....g	0.000		2	A	1		0.000	0.000	
15:0.....g	0.000		2	A	1		0.000	0.000	
16:0.....g	1.475		2	A	1		0.418	0.796	
17:0.....g	0.000		2	A	1		0.000	0.000	
18:0.....g	1.108		2	A	1		0.314	0.598	
20:0.....g	0.036		2	A	1		0.010	0.019	
22:0.....g	0.000		2	A	1		0.000	0.000	
24:0.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	6.404		0	NC	4		1.816	3.458	
14:1.....g	0.000		2	A	1		0.000	0.000	
15:1.....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
17:1.....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated.....g	6.363		0	AS	1		1.804	3.436	
18:1 c.....g	3.696		2	A	1		1.048	1.996	
18:1-1lc (18:1c n-7).....g									
18:1 t.....g	2.668		2	A	1		0.756	1.441	
18:1-1lt (18:1t n-7).....g									
20:1.....g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.041		2	A	1		0.012	0.022	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.082		0	NC	4		0.307	0.584	
18:2 undifferentiated.....g	1.042		2	A	1		0.295	0.563	
18:3 undifferentiated.....g	0.040		0	AS	1		0.011	0.022	
18:3 n-3 c,c,c (ALA).....g	0.040		2	A	1		0.011	0.022	
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans.....g	2.668		0	NC	4		0.756	1.441	
Fatty acids, total trans-monoenoic.....g	2.668		0	NC	4		0.756	1.441	
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg	13		0	FLA	4		4	7	
Amino Acids:									
Tryptophan.....g	0.043		0	FLA	4		0.012	0.023	
Threonine.....g	0.104		0	FLA	4		0.029	0.056	
Isoleucine.....g	0.139		0	FLA	4		0.039	0.075	
Leucine.....g	0.264		0	FLA	4		0.075	0.143	
Lysine.....g	0.108		0	FLA	4		0.031	0.058	
Methionine.....g	0.058		0	FLA	4		0.016	0.031	
Cystine.....g	0.103		0	FLA	4		0.029	0.055	
Phenylalanine.....g	0.169		0	FLA	4		0.048	0.091	
Tyrosine.....g	0.051		0	FLA	4		0.014	0.027	
Valine.....g	0.165		0	FLA	4		0.047	0.089	

NDB No. 18362

Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Arginine.....g	0.142		0	FLA	4		0.040	0.077	
Histidine.....g	0.080		0	FLA	4		0.023	0.043	
Alanine.....g	0.118		0	FLA	4		0.034	0.064	
Aspartic acid.....g	0.163		0	FLA	4		0.046	0.088	
Glutamic acid.....g	1.239		0	FLA	4		0.351	0.669	
Glycine.....g	0.134		0	FLA	4		0.038	0.072	
Proline.....g	0.422		0	FLA	4		0.120	0.228	
Serine.....g	0.170		0	FLA	4		0.048	0.092	
Hydroxyproline.....g	0.000		2	A	1		0.000	0.000	
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 54g: 1 toaster pastry

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18939

Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	10.46		2	A	1		5.33		
Energy.....kcal	409		0	NC	4		209		
Energy.....kJ	1711		0	NC	4		872		
Protein.....g	4.70		2	A	1		2.40		
Total lipid (fat).....g	11.03		2	A	1		5.62		
Ash.....g	1.11		2	A	1		0.57		
Carbohydrate, by difference.....g	72.70		0	NC	4		37.08		
Fiber, total dietary.....g	1.0		2	A	1		0.5		
Sugars, total.....g	28.99		2	A	1		14.78		
Starch.....g	34.20		2	A	1		17.44		
Minerals:									
Calcium, Ca.....mg	11		1	A	1		6		
Iron, Fe.....mg	3.92		1	A	1		2.00		
Magnesium, Mg.....mg	12		1	A	1		6		
Phosphorus, P.....mg	76		1	A	1		39		
Potassium, K.....mg	81		1	A	1		41		
Sodium, Na.....mg	354		1	A	1		181		
Zinc, Zn.....mg	0.38		1	A	1		0.20		
Copper, Cu.....mg	0.068		1	A	1		0.035		
Manganese, Mn.....mg	0.332		1	A	1		0.169		
Selenium, Se.....µg	5.1		2	A	1		2.6		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		2	A	1		0.0		
Thiamin.....mg	0.365		2	A	1		0.186		
Riboflavin.....mg	0.415		2	A	1		0.212		
Niacin.....mg	5.250		2	A	1		2.677		
Pantothenic acid.....mg	0.340		2	A	1		0.173		
Vitamin B-6.....mg	0.465		2	A	1		0.237		
Folate, total.....µg	48		2	A	1		24		
Folic acid.....µg	40		2	A	1		20		
Folate, food.....µg	8		0	AS	1		4		
Folate, DFE.....mcg_DFE	76		0	NC	4		39		
Choline, total.....mg	9.2		0	AS	1		4.7		
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....mcg_RAE	467		0	AS	1		238		
Retinol.....µg	467		2	A	1		238		
Carotene, beta.....µg	3		2	A	1		1		
Carotene, alpha.....µg	3		2	A	1		1		
Cryptoxanthin, beta.....µg	3		2	A	1		1		
Vitamin A, IU.....IU	1563		0	AS	1		797		
Lycopene.....µg	3		2	A	1		1		
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.90		2	A	1		0.46		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	6.6		2	A	1		3.4		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	2.637		0	NC	4		1.345		
4:0.....g	0.000		2	A	1		0.000		

NDB No. 18939

Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		2	A	1		0.000		
8:0.....g	0.000		2	A	1		0.000		
10:0.....g	0.000		2	A	1		0.000		
12:0.....g	0.000		2	A	1		0.000		
13:0.....g	0.000		2	A	1		0.000		
14:0.....g	0.000		2	A	1		0.000		
15:0.....g	0.000		2	A	1		0.000		
16:0.....g	1.518		2	A	1		0.774		
17:0.....g	0.000		2	A	1		0.000		
18:0.....g	1.097		2	A	1		0.559		
20:0.....g	0.022		2	A	1		0.011		
22:0.....g	0.000		2	A	1		0.000		
24:0.....g	0.000		2	A	1		0.000		
Fatty acids, total monounsaturated.....g	6.550		0	NC	4		3.340		
14:1.....g	0.000		2	A	1		0.000		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.000		2	A	1		0.000		
17:1.....g	0.000		2	A	1		0.000		
18:1 undifferentiated.....g	6.527		0	AS	1		3.329		
18:1 c.....g									
18:1-11c (18:1c n-7).....g									
18:1 t.....g									
18:1-11t (18:1t n-7).....g									
20:1.....g	0.000		2	A	1		0.000		
22:1 undifferentiated.....g	0.022		2	A	1		0.011		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.281		0	NC	4		0.653		
18:2 undifferentiated.....g	1.208		2	A	1		0.616		
18:3 undifferentiated.....g	0.073		0	AS	1		0.037		
18:3 n-3 c,c,c (ALA).....g	0.073		2	A	1		0.037		
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		2	A	1		0.000		
20:3 undifferentiated.....g	0.000		2	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 51g: 1 pastry

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18363

Tortillas, ready-to-bake or -fry, corn

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	45.89	1.100	6	A	1		13.01	8.72	11.01
Energy.....kcal	218		0	NC	4		62	41	52
Energy.....kJ	912		0	NC	4		258	173	219
Protein (N x 6.2).....g	5.70	0.128	29		1		1.62	1.08	1.37
Total lipid (fat).....g	2.85	0.030	6	A	1		0.81	0.54	0.68
Ash.....g	0.93	0.025	6	A	1		0.26	0.18	0.22
Carbohydrate, by difference.....g	44.64		0	NC	4		12.65	8.48	10.71
Fiber, total dietary.....g	6.3		0	NC	4		1.8	1.2	1.5
Sugars, total.....g	0.88		0	AS	1		0.25	0.17	0.21
Starch.....g									
Minerals:									
Calcium, Ca.....mg	81	11.634	6	A	1		23	15	19
Iron, Fe.....mg	1.23	0.027	6	A	1		0.35	0.23	0.29
Magnesium, Mg.....mg	72	5.044	6	A	1		20	14	17
Phosphorus, P.....mg	314	26.162	42		1		89	60	75
Potassium, K.....mg	186	4.217	6	A	1		53	35	45
Sodium, Na.....mg	45	3.484	6	A	1		13	9	11
Zinc, Zn.....mg	1.31	0.060	6	A	1		0.37	0.25	0.31
Copper, Cu.....mg	0.154	0.012	6	A	1		0.044	0.029	0.037
Manganese, Mn.....mg	0.326	0.007	6	A	1		0.093	0.062	0.078
Selenium, Se.....µg	6.1	0.412	6	A	1		1.7	1.2	1.5
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	5		1		0.0	0.0	0.0
Thiamin.....mg	0.094	0.007	5	A	1		0.027	0.018	0.023
Riboflavin.....mg	0.065	0.008	5	A	1		0.018	0.012	0.016
Niacin.....mg	1.498	0.096	33		1		0.425	0.285	0.360
Pantothenic acid.....mg	0.109	0.005	6	A	1		0.031	0.021	0.026
Vitamin B-6.....mg	0.219	0.027	11		1		0.062	0.042	0.053
Folate, total.....µg	5	0.890	6	A	1		1	1	1
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	5		0	O	4		1	1	1
Folate, DFE.....mcg_DFE	5		0	NC	4		1	1	1
Choline, total.....mg	13.3		0	A	1		3.8	2.5	3.2
Betaine.....mg	0.4		0	A	1		0.1	0.1	0.1
Vitamin B-12.....µg	0.00		0		1		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....µg	0		0	FLA	4		0	0	0
Carotene, beta.....µg	1		0	FLA	4		0	0	0
Carotene, alpha.....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....µg	1		0	FLA	4		0	0	0
Vitamin A, IU.....IU	2		0	NC	4		1	0	0
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	3		0	FLA	4		1	1	1
Vitamin E (alpha-tocopherol).....mg	0.28	0.027	3	A	1		0.08	0.05	0.07
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	0.0		2	A	1		0.0	0.0	0.0
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 18363
Tortillas, ready-to-bake or -fry, corn

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Fatty acids, total saturated.....g	0.453		0	NC	4	0.128	0.086	0.109
4:0.....g	0.000		0		1	0.000	0.000	0.000
6:0.....g	0.000		0		1	0.000	0.000	0.000
8:0.....g	0.000		0		1	0.000	0.000	0.000
10:0.....g	0.000		0		1	0.000	0.000	0.000
12:0.....g	0.000		0		1	0.000	0.000	0.000
13:0.....g								
14:0.....g	0.000		0		1	0.000	0.000	0.000
15:0.....g								
16:0.....g	0.414	0.012	6	A	1	0.117	0.079	0.099
17:0.....g								
18:0.....g	0.039		0		1	0.011	0.007	0.009
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.692		0	NC	4	0.196	0.132	0.166
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.002		0		1	0.001	0.000	0.000
17:1.....g								
18:1 undifferentiated.....g	0.690	0.017	6	A	1	0.196	0.131	0.166
20:1.....g	0.000		0		1	0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1	0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.419		0	NC	4	0.402	0.270	0.341
18:2 undifferentiated.....g	1.385	0.035	6	A	1	0.393	0.263	0.332
18:3 undifferentiated.....g	0.034		0		1	0.010	0.006	0.008
18:4.....g	0.000		0		1	0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0		1	0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1	0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0		1	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1	0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0		1	0	0	0
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.042		0		1	0.012	0.008	0.010
Threonine.....g	0.218		0		1	0.062	0.041	0.052
Isoleucine.....g	0.208		0		1	0.059	0.040	0.050
Leucine.....g	0.711		0		1	0.202	0.135	0.171
Lysine.....g	0.163		0		1	0.046	0.031	0.039
Methionine.....g	0.121		0		1	0.034	0.023	0.029
Cystine.....g	0.105		0		1	0.030	0.020	0.025
Phenylalanine.....g	0.285		0		1	0.081	0.054	0.068
Tyrosine.....g	0.236		0		1	0.067	0.045	0.057
Valine.....g	0.294		0		1	0.083	0.056	0.071
Arginine.....g	0.289		0		1	0.082	0.055	0.069
Histidine.....g	0.177		0		1	0.050	0.034	0.042
Alanine.....g	0.434		0		1	0.123	0.082	0.104
Aspartic acid.....g	0.403		0		1	0.114	0.077	0.097
Glutamic acid.....g	1.087		0		1	0.308	0.207	0.261
Glycine.....g	0.238		0		1	0.067	0.045	0.057
Proline.....g	0.506		0		1	0.143	0.096	0.121
Serine.....g	0.275		0		1	0.078	0.052	0.066
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4	0	0	0
Theobromine.....mg	0		0	FLA	4	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 18363

Tortillas, ready-to-bake or -fry, corn

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 28.35g: 1 oz
- Measure 2 = 19g: 1 enchilada
- Measure 3 = 24g: 1 tortilla

Calories Factors: Protein 2.7

Fat 8.4

Carbohydrate4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18449

Tortillas, ready-to-bake or -fry, corn, without added salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.295		0		4		0.084	0.077	
17:0.....g									
18:0.....g	0.039		0		4		0.011	0.010	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.649		0		4		0.184	0.169	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		4		0.001	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.647		0		4		0.183	0.168	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.122		0		4		0.318	0.292	
18:2 undifferentiated.....g	1.088		0		4		0.308	0.283	
18:3 undifferentiated.....g	0.034		0		4		0.010	0.009	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.042		0		4		0.012	0.011	
Threonine.....g	0.218		0		4		0.062	0.057	
Isoleucine.....g	0.208		0		4		0.059	0.054	
Leucine.....g	0.711		0		4		0.202	0.185	
Lysine.....g	0.163		0		4		0.046	0.042	
Methionine.....g	0.121		0		4		0.034	0.031	
Cystine.....g	0.105		0		4		0.030	0.027	
Phenylalanine.....g	0.285		0		4		0.081	0.074	
Tyrosine.....g	0.236		0		4		0.067	0.061	
Valine.....g	0.294		0		4		0.083	0.076	
Arginine.....g	0.289		0		4		0.082	0.075	
Histidine.....g	0.177		0		4		0.050	0.046	
Alanine.....g	0.434		0		4		0.123	0.113	
Aspartic acid.....g	0.403		0		4		0.114	0.105	
Glutamic acid.....g	1.087		0		4		0.308	0.283	
Glycine.....g	0.238		0		4		0.067	0.062	
Proline.....g	0.506		0		4		0.143	0.132	
Serine.....g	0.275		0		4		0.078	0.072	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18449

Tortillas, ready-to-bake or -fry, corn, without added salt

Measure 2 = 26g: 1 tortilla, medium (approx 6" dia)

Calories Factors: Protein 2.7

Fat 8.4

Carbohydrate 4

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18364

Tortillas, ready-to-bake or -fry, flour, refrigerated

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 47g: 1 tortilla

Measure 2 = 28.35g: 1 oz

Measure 3 = 30g: 1 tortilla medium (approx 6" dia)

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18970

Tortillas, ready-to-bake or -fry, flour, shelf stable

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	FLC	4		0	0	
Vitamin K (phylloquinone).....µg	4.2		0	FLC	4		2.0	20.2	
Dihydrophyloquinone.....µg	0.0		0	FLC	4		0.0	0.0	
Menaquinone-4.....µg	0.0		0	FLC	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	1.225		0	FLC	4		0.600	5.928	
4:0.....g	0.000		0	FLC	4		0.000	0.000	
6:0.....g	0.000		0	FLC	4		0.000	0.000	
8:0.....g	0.000		0	FLC	4		0.000	0.000	
10:0.....g	0.000		0	FLC	4		0.000	0.000	
12:0.....g	0.000		0	FLC	4		0.000	0.000	
13:0.....g									
14:0.....g	0.014		0	FLC	4		0.007	0.067	
15:0.....g	0.000		0	FLC	4		0.000	0.000	
16:0.....g	0.735		0	FLC	4		0.360	3.557	
17:0.....g	0.000		0	FLC	4		0.000	0.000	
18:0.....g	0.445		0	FLC	4		0.218	2.156	
20:0.....g	0.023		0	FLC	4		0.011	0.109	
22:0.....g	0.011		0	FLC	4		0.006	0.055	
24:0.....g									
Fatty acids, total monounsaturated.....g	3.801		0	FLC	4		1.862	18.397	
14:1.....g	0.000		0	FLC	4		0.000	0.000	
15:1.....g	0.000		0	FLC	4		0.000	0.000	
16:1 undifferentiated.....g	0.007		0	FLC	4		0.004	0.036	
17:1.....g	0.000		0	FLC	4		0.000	0.000	
18:1 undifferentiated.....g	3.748		0	FLC	4		1.836	18.139	
20:1.....g	0.046		0	FLC	4		0.022	0.222	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.152		0	FLC	4		1.054	10.414	
18:2 undifferentiated.....g	1.764		0	FLC	4		0.865	8.539	
18:3 undifferentiated.....g	0.387		0	FLC	4		0.190	1.874	
18:4.....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c.....g	0.000		0	FLC	4		0.000	0.000	
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans.....g	0.014		0	FLC	4		0.007	0.066	
Cholesterol.....mg	0		0	FLC	4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.082		0	FLC	4		0.040	0.397	
Threonine.....g	0.182		0	FLC	4		0.089	0.879	
Isoleucine.....g	0.231		0	FLC	4		0.113	1.117	
Leucine.....g	0.459		0	FLC	4		0.225	2.221	
Lysine.....g	0.147		0	FLC	4		0.072	0.713	
Methionine.....g	0.118		0	FLC	4		0.058	0.572	
Cystine.....g	0.142		0	FLC	4		0.069	0.685	
Phenylalanine.....g	0.336		0	FLC	4		0.165	1.627	
Tyrosine.....g	0.202		0	FLC	4		0.099	0.976	
Valine.....g	0.268		0	FLC	4		0.131	1.298	
Arginine.....g	0.270		0	FLC	4		0.132	1.304	
Histidine.....g	0.149		0	FLC	4		0.073	0.719	
Alanine.....g	0.215		0	FLC	4		0.105	1.039	
Aspartic acid.....g	0.281		0	FLC	4		0.138	1.361	
Glutamic acid.....g	2.249		0	FLC	4		1.102	10.883	
Glycine.....g	0.240		0	FLC	4		0.117	1.161	
Proline.....g	0.774		0	FLC	4		0.379	3.747	
Serine.....g	0.333		0	FLC	4		0.163	1.614	

NDB No. 18970

Tortillas, ready-to-bake or -fry, flour, shelf stable

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 49g: 1 tortilla

Measure 2 = 484g: 1 package

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18450

Tortillas, ready-to-bake or -fry, flour, without added calcium

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	26.80	0.902	14		1		7.60	8.58	19.30
Energy.....kcal	325		0	NC	4		92	104	234
Energy.....kJ	1360				4		386	435	979
Protein (N x 5.7).....g	8.70	0.581	12		1		2.47	2.78	6.26
Total lipid (fat).....g	7.10	0.579	11		1		2.01	2.27	5.11
Ash.....g	1.80	0.151	12		1		0.51	0.58	1.30
Carbohydrate, by difference.....g	55.60		0		4		15.76	17.79	40.03
Fiber, total dietary.....g	3.3		0	BFZN	4		0.9	1.1	2.4
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	39		0		4		11	12	28
Iron, Fe.....mg	3.30	0.125	38		1		0.94	1.06	2.38
Magnesium, Mg.....mg	26	1.328	38		1		7	8	19
Phosphorus, P.....mg	124	7.926	38		1		35	40	89
Potassium, K.....mg	131	7.293	40		1		37	42	94
Sodium, Na.....mg	478	24.050	40		1		136	153	344
Zinc, Zn.....mg	0.71	0.083	40		1		0.20	0.23	0.51
Copper, Cu.....mg	0.267	0.141	36		1		0.076	0.085	0.192
Manganese, Mn.....mg	0.462	0.011	35		1		0.131	0.148	0.333
Selenium, Se.....µg	23.4	2.389	34	A	1		6.6	7.5	16.8
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	4		1		0.0	0.0	0.0
Thiamin.....mg	0.531	0.025	14		1		0.151	0.170	0.382
Riboflavin.....mg	0.293	0.069	14		1		0.083	0.094	0.211
Niacin.....mg	3.572	0.135	14		1		1.013	1.143	2.572
Pantothenic acid.....mg	0.582	0.061	12		1		0.165	0.186	0.419
Vitamin B-6.....mg	0.050		2		1		0.014	0.016	0.036
Folate, total.....µg	123		0	BFZN	4		35	39	89
Folic acid.....µg	111		0	NC	4		31	36	80
Folate, food.....µg	12	1.079	10		1		3	4	9
Folate, DFE.....mcg_DFE	201		0	NC	4		57	64	145
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0	0	0
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.745		0	BFZN	4		0.495	0.558	1.256
4:0.....g	0.000		0		4		0.000	0.000	0.000

NDB No. 18450

Tortillas, ready-to-bake or -fry, flour, without added calcium

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.000		0		4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.032		0	BFZN	4		0.009	0.010	0.023
15:0.....g									
16:0.....g	0.937		0	BFZN	4		0.266	0.300	0.675
17:0.....g									
18:0.....g	0.776		0	BFZN	4		0.220	0.248	0.559
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.768		0	BFZN	4		1.068	1.206	2.713
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0	BFZN	4		0.002	0.003	0.006
17:1.....g									
18:1 undifferentiated.....g	3.760		0	BFZN	4		1.066	1.203	2.707
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.063		0	BFZN	4		0.301	0.340	0.765
18:2 undifferentiated.....g	1.009		0	BFZN	4		0.286	0.323	0.726
18:3 undifferentiated.....g	0.054		0	BFZN	4		0.015	0.017	0.039
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.106		0		4		0.030	0.034	0.076
Threonine.....g	0.245		0		4		0.069	0.078	0.176
Isoleucine.....g	0.307		0		4		0.087	0.098	0.221
Leucine.....g	0.600		0		4		0.170	0.192	0.432
Lysine.....g	0.213		0		4		0.060	0.068	0.153
Methionine.....g	0.155		0		4		0.044	0.050	0.112
Cystine.....g	0.181		0		4		0.051	0.058	0.130
Phenylalanine.....g	0.435		0		4		0.123	0.139	0.313
Tyrosine.....g	0.266		0		4		0.075	0.085	0.192
Valine.....g	0.356		0		4		0.101	0.114	0.256
Arginine.....g	0.356		0		4		0.101	0.114	0.256
Histidine.....g	0.195		0		4		0.055	0.062	0.140
Alanine.....g	0.289		0		4		0.082	0.092	0.208
Aspartic acid.....g	0.386		0		4		0.109	0.124	0.278
Glutamic acid.....g	2.850		0		4		0.808	0.912	2.052
Glycine.....g	0.316		0		4		0.090	0.101	0.228
Proline.....g	0.979		0		4		0.278	0.313	0.705
Serine.....g	0.432		0		4		0.122	0.138	0.311
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18450

Tortillas, ready-to-bake or -fry, flour, without added calcium

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 32g: 1 tortilla, medium (approx 6" dia)

Measure 3 = 72g: 1 tortilla (approx 10" dia)

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18952
Tostada shells, corn

Latino food
 Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.32	0.206	3	A	1		0.41	1.23	
Energy.....kcal	474		2	LC	8		58	175	
Energy.....kJ	1983		2	LC	8		244	734	
Protein.....g	6.15	0.917	3	A	1		0.76	2.27	
Total lipid (fat).....g	23.38	1.937	3	A	1		2.88	8.65	
Ash.....g	2.72	0.059	3	A	1		0.33	1.01	
Carbohydrate, by difference.....g	64.43		0	NC	4		7.93	23.84	
Fiber, total dietary.....g	5.8	0.219	3	A	1		0.7	2.1	
Sugars, total.....g									
Starch.....g	55.40	2.159	3	A	1		6.81	20.50	
Minerals:									
Calcium, Ca.....mg	76	8.838	3	A	1		9	28	
Iron, Fe.....mg	1.53	0.186	3	A	1		0.19	0.57	
Magnesium, Mg.....mg	76	4.631	3	A	1		9	28	
Phosphorus, P.....mg	203	17.638	3	A	1		25	75	
Potassium, K.....mg	237	8.819	3	A	1		29	88	
Sodium, Na.....mg	657	43.716	3	A	1		81	243	
Zinc, Zn.....mg	1.23	0.088	3	A	1		0.15	0.46	
Copper, Cu.....mg	0.148	0.000	3	A	1		0.018	0.055	
Manganese, Mn.....mg	0.363	0.013	3	A	1		0.045	0.134	
Selenium, Se.....µg	2.2	0.000	3	A	1		0.3	0.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.353	0.038	3	A	1		0.043	0.131	
Riboflavin.....mg	0.094	0.011	3	A	1		0.012	0.035	
Niacin.....mg	1.553	0.119	3	A	1		0.191	0.575	
Pantothenic acid.....mg	0.191	0.006	3	A	1		0.023	0.071	
Vitamin B-6.....mg	0.363	0.025	3	A	1		0.045	0.134	
Folate, total.....µg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU									
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	7.011		0	NC	4		0.862	2.594	
4:0.....g									
6:0.....g									
8:0.....g	0.014	0.002	3	A	1		0.002	0.005	
10:0.....g	0.000	0.000	3	A	1		0.000	0.000	
12:0.....g	0.029	0.020	3	A	1		0.004	0.011	
13:0.....g									
14:0.....g	0.132	0.066	3	A	1		0.016	0.049	
15:0.....g	0.006	0.003	3	A	1		0.001	0.002	
16:0.....g	5.967	1.911	3	A	1		0.734	2.208	

NDB No. 18952
Tostada shells, corn

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number			measures of food			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
17:0.....g	0.021	0.004	3	A	1		0.003	0.008	
18:0.....g	0.729	0.182	3	A	1		0.090	0.270	
20:0.....g	0.088	0.005	3	A	1		0.011	0.032	
22:0.....g	0.026	0.005	3	A	1		0.003	0.010	
24:0.....g									
Fatty acids, total monounsaturated.....g	7.217		0	NC	4		0.888	2.670	
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.054	0.025	3	A	1		0.007	0.020	
17:1.....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated.....g	7.086	1.259	3	A	1		0.872	2.622	
18:1 c.....g									
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.032	0.006	3	A	1		0.004	0.012	
18:1-11t (18:1t n-7).....g									
20:1.....g	0.046	0.001	3	A	1		0.006	0.017	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	8.285		0	NC	4		1.019	3.065	
18:2 undifferentiated.....g	8.025	2.170	3	A	1		0.987	2.969	
18:2 n-6 c,c.....g									
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.131	0.070	3	A	1		0.016	0.048	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.124	0.028	3	AS	1		0.015	0.046	
18:3 n-3 c,c,c (ALA).....g	0.124	0.028	3	A	1		0.015	0.046	
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1		0.000	0.000	
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.005	0.003	3	A	1		0.001	0.002	
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.163		0	NC	4		0.020	0.060	
Fatty acids, total trans-monoenoic.....g	0.032		0	NC	4		0.004	0.012	
Fatty acids, total trans-polyenoic.....g	0.131		0	NC	4		0.016	0.048	
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 12.3g: 1 piece

Measure 2 = 37g: 3 pieces (mean serving weight, aggregated over brands)

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18952
Tostada shells, corn

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18930
 USDA Commodity, Bakery, Flour Mix

Include commodity code B367

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	10.62		1	A	1				
Energy.....kcal	400		0	NC	4				
Energy.....kJ	1674		0	NC	4				
Protein (N x 6.25).....g	8.47		1	A	1				
Total lipid (fat).....g	12.90		1	A	1				
Ash.....g	5.48		1	A	1				
Carbohydrate, by difference.....g	62.53		0	NC	4				
Fiber, total dietary.....g	7.1		1	A	1				
Sugars, total.....g									
Sucrose.....g	0.86		1	A	1				
Glucose (dextrose).....g	0.00		1	A	1				
Fructose.....g	0.00		1	A	1				
Lactose.....g	0.00		1	A	1				
Maltose.....g	0.00		1	A	1				
Galactose.....g									
Starch.....g	58.00		1	A	1				
Minerals:									
Calcium, Ca.....mg	187		1	A	1				
Iron, Fe.....mg	4.11		1	A	1				
Magnesium, Mg.....mg	20		1	A	1				
Phosphorus, P.....mg	630		1	A	1				
Potassium, K.....mg	124		1	A	1				
Sodium, Na.....mg	1410		1	A	1				
Zinc, Zn.....mg	0.55		1	A	1				
Copper, Cu.....mg	0.103		1	A	1				
Manganese, Mn.....mg	0.738		1	A	1				
Selenium, Se.....µg	6.6		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1				
Thiamin.....mg	0.597		1	A	1				
Riboflavin.....mg	0.857		1	A	1				
Niacin.....mg	5.904		0	T	4				
Pantothenic acid.....mg	0.383		1	A	1				
Vitamin B-6.....mg	0.080		1	A	1				
Folate, total.....µg	183		0	T	4				
Folic acid.....µg	154		0	T	4				
Folate, food.....µg	29		0	T	4				
Folate, DFE.....mcg_DFE	291		0	NC	4				
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....mcg_RAE	0		0	NC	4				
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	T	4				
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	7.9		1	A	1				

NDB No. 18930
 USDA Commodity, Bakery, Flour Mix

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Dihydrophyloquinone.....µg	16.3		1	A	1		
Menaquinone-4.....µg							
Lipids:							
Fatty acids, total saturated.....g	3.090		0	NC	4		
4:0.....g							
6:0.....g							
8:0.....g	0.000		1	A	1		
10:0.....g	0.000		1	A	1		
12:0.....g	0.000		1	A	1		
13:0.....g							
14:0.....g	0.020		1	A	1		
15:0.....g	0.000		1	A	1		
16:0.....g	1.480		1	A	1		
17:0.....g	0.010		1	A	1		
18:0.....g	1.490		1	A	1		
20:0.....g	0.040		1	A	1		
22:0.....g	0.040		1	A	1		
24:0.....g	0.010		1	A	1		
Fatty acids, total monounsaturated.....g	6.790		0	NC	4		
14:1.....g	0.000		1	A	1		
15:1.....g	0.000		1	A	1		
16:1 undifferentiated.....g	0.010		1	A	1		
17:1.....g	0.000		1	A	1		
18:1 undifferentiated.....g	6.750		1	A	1		
20:1.....g	0.030		1	A	1		
22:1 undifferentiated.....g	0.000		1	A	1		
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	1.960		0	NC	4		
18:2 undifferentiated.....g	1.910		1	A	1		
18:3 undifferentiated.....g	0.050		1	A	1		
18:4.....g	0.000		1	A	1		
20:2 n-6 c,c.....g	0.000		1	A	1		
20:3 undifferentiated.....g	0.000		1	A	1		
20:4 undifferentiated.....g	0.000		1	A	1		
20:5 n-3 (EPA).....g	0.000		1	A	1		
22:5 n-3 (DPA).....g	0.000		1	A	1		
22:6 n-3 (DHA).....g	0.000		1	A	1		
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0	Z	7		
Phytosterols.....mg							

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18931
 USDA Commodity, Bakery, Flour Mix Low-fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Dihydrophyloquinone.....µg								
Menaquinone-4.....µg								
Lipids:								
Fatty acids, total saturated.....g	0.850		0	NC		4		
4:0.....g								
6:0.....g								
8:0.....g	0.000		1	A		1		
10:0.....g	0.000		1	A		1		
12:0.....g	0.000		1	A		1		
13:0.....g								
14:0.....g	0.000		1	A		1		
15:0.....g	0.000		1	A		1		
16:0.....g	0.460		1	A		1		
17:0.....g	0.000		1	A		1		
18:0.....g	0.370		1	A		1		
20:0.....g	0.010		1	A		1		
22:0.....g	0.010		1	A		1		
24:0.....g	0.000		1	A		1		
Fatty acids, total monounsaturated.....g	1.830		0	NC		4		
14:1.....g	0.000		1	A		1		
15:1.....g	0.000		1	A		1		
16:1 undifferentiated.....g	0.000		1	A		1		
17:1.....g	0.000		1	A		1		
18:1 undifferentiated.....g	1.820		1	A		1		
20:1.....g	0.010		1	A		1		
22:1 undifferentiated.....g	0.000		1	A		1		
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.650		0	NC		4		
18:2 undifferentiated.....g	0.620		1	A		1		
18:3 undifferentiated.....g	0.030		1	A		1		
18:4.....g	0.000		1	A		1		
20:2 n-6 c,c.....g	0.000		1	A		1		
20:3 undifferentiated.....g	0.000		1	A		1		
20:4 undifferentiated.....g	0.000		1	A		1		
20:5 n-3 (EPA).....g	0.000		1	A		1		
22:5 n-3 (DPA).....g	0.000		1	A		1		
22:6 n-3 (DHA).....g	0.000		1	A		1		
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	Z		7		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18934

Waffle, buttermilk, frozen, ready-to-heat, microwaved

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	36.48		2	A	1		12.77		
Energy.....kcal	289		0	NC	4		101		
Energy.....kJ	1209		0	NC	4		423		
Protein.....g	6.92		2	A	1		2.42		
Total lipid (fat).....g	9.40		2	A	1		3.29		
Ash.....g	3.04		2	A	1		1.06		
Carbohydrate, by difference.....g	44.16		0	NC	4		15.45		
Fiber, total dietary.....g	2.4		2	A	1		0.9		
Sugars, total.....g	4.50		2	A	1		1.57		
Sucrose.....g	2.77		2	A	1		0.97		
Glucose (dextrose).....g	0.00		2	A	1		0.00		
Fructose.....g	0.00		2	A	1		0.00		
Lactose.....g	1.39		2	A	1		0.49		
Maltose.....g	0.34		2	A	1		0.12		
Galactose.....g	0.00		2	A	1		0.00		
Starch.....g	38.55		2	A	1		13.49		
Minerals:									
Calcium, Ca.....mg	125		1	A	1		44		
Iron, Fe.....mg	6.53		2	A	1		2.29		
Magnesium, Mg.....mg	20		2	A	1		7		
Phosphorus, P.....mg	410		2	A	1		144		
Potassium, K.....mg	110		2	A	1		38		
Sodium, Na.....mg	663		2	A	1		232		
Zinc, Zn.....mg	0.58		2	A	1		0.20		
Copper, Cu.....mg	0.063		2	A	1		0.022		
Manganese, Mn.....mg	0.235		2	A	1		0.082		
Selenium, Se.....µg	10.1		2	A	1		3.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		2	A	1		0.0		
Thiamin.....mg	0.576		2	A	1		0.201		
Riboflavin.....mg	0.695		2	A	1		0.243		
Niacin.....mg	6.730		2	A	1		2.355		
Pantothenic acid.....mg	0.240		2	A	1		0.084		
Vitamin B-6.....mg	1.105		2	A	1		0.387		
Folate, total.....µg	64		2	A	1		22		
Folic acid.....µg	50		2	A	1		18		
Folate, food.....µg	14		0	AS	1		5		
Folate, DFE.....mcg_DFE	99		0	NC	4		34		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	2.44		2	A	1		0.86		
Vitamin A, RAE.....mcg_RAE	429		0	AS	1		150		
Retinol.....µg	429		2	A	1		150		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	1430		0	AS	1		501		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.63		2	A	1		0.22		
Tocopherol, beta.....mg	0.08		2	A	1		0.03		
Tocopherol, gamma.....mg	4.21		2	A	1		1.47		
Tocopherol, delta.....mg	1.33		2	A	1		0.47		
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	10.8		1	A	1		3.8		

NDB No. 18934

Waffle, buttermilk, frozen, ready-to-heat, microwaved

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Deriv Source Confidence			Measure 1	Measure 2	Measure 3
			Points	Code	Code			
Dihydrophyloquinone.....µg	20.8		1	A	1	7.3		
Menaquinone-4.....µg								
Lipids:								
Fatty acids, total saturated.....g	2.057		0	NC	4	0.720		
4:0.....g								
6:0.....g								
8:0.....g	0.000		2	A	1	0.000		
10:0.....g	0.000		2	A	1	0.000		
12:0.....g	0.000		2	A	1	0.000		
13:0.....g								
14:0.....g	0.023		2	A	1	0.008		
15:0.....g	0.000		2	A	1	0.000		
16:0.....g	1.112		2	A	1	0.389		
17:0.....g	0.011		2	A	1	0.004		
18:0.....g	0.843		2	A	1	0.295		
20:0.....g	0.032		2	A	1	0.011		
22:0.....g	0.035		2	A	1	0.012		
24:0.....g								
Fatty acids, total monounsaturated.....g	4.864		0	NC	4	1.702		
14:1.....g	0.000		2	A	1	0.000		
15:1.....g	0.000		2	A	1	0.000		
16:1 undifferentiated.....g	0.024		2	A	1	0.008		
17:1.....g	0.000		2	A	1	0.000		
18:1 undifferentiated.....g	4.797		2	A	1	1.679		
20:1.....g	0.043		2	A	1	0.015		
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.615		0	NC	4	0.565		
18:2 undifferentiated.....g	1.482		2	A	1	0.519		
18:3 undifferentiated.....g	0.123		2	A	1	0.043		
18:3 n-3 c,c,c (ALA).....g								
18:3 n-6 c,c,c.....g	0.005		2	A	1	0.002		
18:3i.....g								
18:4.....g								
20:2 n-6 c,c.....g	0.000		2	A	1	0.000		
20:3 undifferentiated.....g	0.000		2	A	1	0.000		
20:3 n-3.....g								
20:3 n-6.....g								
20:4 undifferentiated.....g	0.005		2	A	1	0.002		
20:4 n-3.....g								
20:4 n-6.....g								
20:5 n-3 (EPA).....g								
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	16		2	A	1	6		
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 35g: 1 waffle

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18934

Waffle, buttermilk, frozen, ready-to-heat, microwaved

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18933

Waffle, buttermilk, frozen, ready-to-heat, toasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7	0	0	0	
Vitamin K (phylloquinone).....µg	12.5		1	A	1	3.5	4.1	4.1	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	2.283		0	NC	4	0.639	0.754	0.754	
4:0.....g	0.005		0	RA	4	0.001	0.002	0.002	
6:0.....g	0.003		0	RA	4	0.001	0.001	0.001	
8:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
10:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
12:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
13:0.....g									
14:0.....g	0.027	0.002	3	A	1	0.008	0.009	0.009	
15:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
16:0.....g	1.202	0.052	3	A	1	0.337	0.397	0.397	
17:0.....g	0.013	0.000	3	A	1	0.004	0.004	0.004	
18:0.....g	0.967	0.076	3	A	1	0.271	0.319	0.319	
20:0.....g	0.031	0.001	3	A	1	0.009	0.010	0.010	
22:0.....g	0.036	0.001	3	A	1	0.010	0.012	0.012	
24:0.....g									
Fatty acids, total monounsaturated.....g	5.292		0	NC	4	1.482	1.746	1.746	
14:1.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
15:1.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
16:1 undifferentiated.....g	0.022	0.005	3	A	1	0.006	0.007	0.007	
17:1.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
18:1 undifferentiated.....g	5.230	0.411	3	A	1	1.464	1.726	1.726	
20:1.....g	0.040	0.006	3	A	1	0.011	0.013	0.013	
22:1 undifferentiated.....g	0.000		0	RA	4	0.000	0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.526		0	NC	4	0.427	0.504	0.504	
18:2 undifferentiated.....g	1.396	0.290	3	A	1	0.391	0.461	0.461	
18:3 undifferentiated.....g	0.099	0.058	3	A	1	0.028	0.033	0.033	
18:3 n-3 c,c,c (ALA).....g									
18:3 n-6 c,c,c.....g	0.003	0.003	3	A	1	0.001	0.001	0.001	
18:3i.....g									
18:4.....g	0.003		0	RA	4	0.001	0.001	0.001	
20:2 n-6 c,c,c.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.004	0.004	3	A	1	0.001	0.001	0.001	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.013		0	RA	4	0.004	0.004	0.004	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RA	4	0.000	0.000	0.000	
22:6 n-3 (DHA).....g	0.008		0	RA	4	0.002	0.003	0.003	
Fatty acids, total trans.....g									
Cholesterol.....mg	13	6.346	3	A	1	4	4	4	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.082		0	RA	4	0.023	0.027	0.027	
Threonine.....g	0.250		0	RA	4	0.070	0.083	0.083	
Isoleucine.....g	0.312		0	RA	4	0.087	0.103	0.103	
Leucine.....g	0.544		0	RA	4	0.152	0.179	0.179	
Lysine.....g	0.329		0	RA	4	0.092	0.109	0.109	
Methionine.....g	0.148		0	RA	4	0.041	0.049	0.049	
Cystine.....g	0.172		0	RA	4	0.048	0.057	0.057	
Phenylalanine.....g	0.337		0	RA	4	0.094	0.111	0.111	
Tyrosine.....g	0.172		0	RA	4	0.048	0.057	0.057	
Valine.....g	0.362		0	RA	4	0.101	0.120	0.120	

NDB No. 18933

Waffle, buttermilk, frozen, ready-to-heat, toasted

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Arginine.....g	0.314		0	RA	4		0.088	0.103	0.103
Histidine.....g	0.159		0	RA	4		0.044	0.052	0.052
Alanine.....g	0.276		0	RA	4		0.077	0.091	0.091
Aspartic acid.....g	0.451		0	RA	4		0.126	0.149	0.149
Glutamic acid.....g	1.793		0	RA	4		0.502	0.592	0.592
Glycine.....g	0.237		0	RA	4		0.066	0.078	0.078
Proline.....g	0.621		0	RA	4		0.174	0.205	0.205
Serine.....g	0.385		0	RA	4		0.108	0.127	0.127
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	RA	4		0	0	0
Theobromine.....mg	0		0	RA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 oz

Measure 2 = 33g: 1 waffle round (4" dia)

Measure 3 = 33g: 1 waffle square (4" square)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18935

Waffle, plain, frozen, ready-to-heat, microwave

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	34.95		2	A	1		11.18		
Energy.....kcal	298		0	NC	4		95		
Energy.....kJ	1245		0	NC	4		399		
Protein.....g	6.71		2	A	1		2.15		
Total lipid (fat).....g	9.91		2	A	1		3.17		
Ash.....g	3.02		2	A	1		0.97		
Carbohydrate, by difference.....g	45.41		0	NC	4		14.53		
Fiber, total dietary.....g	2.4		2	A	1		0.8		
Sugars, total.....g	5.04		2	A	1		1.61		
Sucrose.....g	3.31		2	A	1		1.06		
Glucose (dextrose).....g	0.00		2	A	1		0.00		
Fructose.....g	0.00		2	A	1		0.00		
Lactose.....g	1.46		2	A	1		0.47		
Maltose.....g	0.28		2	A	1		0.09		
Galactose.....g	0.00		2	A	1		0.00		
Starch.....g	38.63		2	A	1		12.36		
Minerals:									
Calcium, Ca.....mg	197		1	A	1		63		
Iron, Fe.....mg	5.81		2	A	1		1.86		
Magnesium, Mg.....mg	25		2	A	1		8		
Phosphorus, P.....mg	410		2	A	1		131		
Potassium, K.....mg	148		2	A	1		47		
Sodium, Na.....mg	682		2	A	1		218		
Zinc, Zn.....mg	0.45		2	A	1		0.15		
Copper, Cu.....mg	0.038		1	A	1		0.012		
Manganese, Mn.....mg	0.154		2	A	1		0.049		
Selenium, Se.....µg	12.8		2	A	1		4.1		
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.544		2	A	1		0.174		
Riboflavin.....mg	0.655		2	A	1		0.210		
Niacin.....mg	7.785		2	A	1		2.491		
Pantothenic acid.....mg	0.325		2	A	1		0.104		
Vitamin B-6.....mg	1.016		2	A	1		0.325		
Folate, total.....µg	67		1	A	1		21		
Folic acid.....µg	56		1	A	1		18		
Folate, food.....µg	11		0	AS	1		4		
Folate, DFE.....mcg_DFE	106		0	NC	4		34		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	2.18		2	A	1		0.70		
Vitamin A, RAE.....mcg_RAE									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU									
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.95		2	A	1		0.31		
Tocopherol, beta.....mg	0.07		2	A	1		0.02		
Tocopherol, gamma.....mg	4.52		2	A	1		1.45		
Tocopherol, delta.....mg	1.18		2	A	1		0.38		
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	8.1		1	A	1		2.6		

NDB No. 18935

Waffle, plain, frozen, ready-to-heat, microwave

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Dihydrophyloquinone.....µg	23.0		1	A	1		7.4		
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.580		0	NC	4		0.506		
4:0.....g									
6:0.....g									
8:0.....g	0.000		2	A	1		0.000		
10:0.....g	0.000		2	A	1		0.000		
12:0.....g	0.000		2	A	1		0.000		
13:0.....g									
14:0.....g	0.012		2	A	1		0.004		
15:0.....g	0.000		2	A	1		0.000		
16:0.....g	0.909		2	A	1		0.291		
17:0.....g	0.005		2	A	1		0.002		
18:0.....g	0.576		2	A	1		0.184		
20:0.....g	0.042		2	A	1		0.014		
22:0.....g	0.035		2	A	1		0.011		
24:0.....g									
Fatty acids, total monounsaturated.....g	5.195		0	NC	4		1.663		
14:1.....g	0.000		2	A	1		0.000		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.026		2	A	1		0.008		
17:1.....g	0.000		2	A	1		0.000		
18:1 undifferentiated.....g	5.099		2	A	1		1.632		
20:1.....g	0.070		2	A	1		0.022		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.240		0	NC	4		0.717		
18:2 undifferentiated.....g	1.856		2	A	1		0.594		
18:3 undifferentiated.....g	0.371		2	A	1		0.119		
18:3 n-3 c,c,c (ALA).....g									
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.007		2	A	1		0.002		
20:3 undifferentiated.....g	0.000		2	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.005		2	A	1		0.002		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	16		2	A	1		5		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: 1 waffle, round (4"dia)

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18935

Waffle, plain, frozen, ready-to-heat, microwave

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18932

Waffles, buttermilk, frozen, ready-to-heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	10.5		1	A	1		4.1	4.0	
Dihydrophyloquinone.....µg	17.9		1	A	1		7.0	6.8	
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.890		0	NC	4		0.737	0.718	
4:0.....g	0.005		0	FLA	4		0.002	0.002	
6:0.....g	0.003		0	FLA	4		0.001	0.001	
8:0.....g	0.000		2	A	1		0.000	0.000	
10:0.....g	0.000		2	A	1		0.000	0.000	
12:0.....g	0.000		2	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.021		2	A	1		0.008	0.008	
15:0.....g	0.000		2	A	1		0.000	0.000	
16:0.....g	1.025		2	A	1		0.400	0.389	
17:0.....g	0.010		2	A	1		0.004	0.004	
18:0.....g	0.772		2	A	1		0.301	0.293	
20:0.....g	0.031		2	A	1		0.012	0.012	
22:0.....g	0.030		2	A	1		0.012	0.011	
24:0.....g									
Fatty acids, total monounsaturated.....g	4.530		0	NC	4		1.767	1.722	
14:1.....g	0.000		2	A	1		0.000	0.000	
15:1.....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.022		2	A	1		0.009	0.008	
17:1.....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated.....g	4.469		2	A	1		1.743	1.698	
20:1.....g	0.039		2	A	1		0.015	0.015	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.539		0	NC	4		0.600	0.585	
18:2 undifferentiated.....g	1.414		2	A	1		0.552	0.537	
18:3 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
18:3 n-3 c,c,c (ALA).....g									
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.002		0	FLA	4		0.001	0.001	
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.009		2	A	1		0.004	0.003	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.012		0	FLA	4		0.005	0.004	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.007		0	FLA	4		0.003	0.003	
Fatty acids, total trans.....g									
Cholesterol.....mg	15		2	A	1		6	6	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.074		0	FLA	4		0.029	0.028	
Threonine.....g	0.225		0	FLA	4		0.088	0.086	
Isoleucine.....g	0.281		0	FLA	4		0.110	0.107	
Leucine.....g	0.489		0	FLA	4		0.191	0.186	
Lysine.....g	0.296		0	FLA	4		0.116	0.113	
Methionine.....g	0.133		0	FLA	4		0.052	0.051	
Cystine.....g	0.154		0	FLA	4		0.060	0.059	
Phenylalanine.....g	0.304		0	FLA	4		0.118	0.115	
Tyrosine.....g	0.154		0	FLA	4		0.060	0.059	
Valine.....g	0.326		0	FLA	4		0.127	0.124	

NDB No. 18932

Waffles, buttermilk, frozen, ready-to-heat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Arginine.....g	0.282		0	FLA	4		0.110	0.107	
Histidine.....g	0.143		0	FLA	4		0.056	0.054	
Alanine.....g	0.249		0	FLA	4		0.097	0.095	
Aspartic acid.....g	0.406		0	FLA	4		0.158	0.154	
Glutamic acid.....g	1.614		0	FLA	4		0.629	0.613	
Glycine.....g	0.214		0	FLA	4		0.083	0.081	
Proline.....g	0.559		0	FLA	4		0.218	0.212	
Serine.....g	0.347		0	FLA	4		0.135	0.132	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 39g: 1 waffle, square

Measure 2 = 38g: 1 waffle, round

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18951

Waffles, chocolate chip, frozen, ready-to-heat

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	40.00		0	FLC	4		28.00		
Energy.....kcal	279		0	NC	4		195		
Energy.....kJ	1166		0	NC	4		817		
Protein (N x 6.25).....g	5.71		1	LC	8		4.00		
Total lipid (fat).....g	10.00		1	LC	8		7.00		
Ash.....g	2.80		0	BFSN	4		1.96		
Carbohydrate, by difference.....g	41.48		0	NC	4		29.04		
Fiber, total dietary.....g	1.4		1	LC	8		1.0		
Sugars, total.....g	12.86		1	LC	8		9.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	143		1	LC	8		100		
Iron, Fe.....mg	5.14		1	LC	8		3.60		
Magnesium, Mg.....mg	32		0	FLC	4		22		
Phosphorus, P.....mg	214		1	LC	8		150		
Potassium, K.....mg	71		1	LC	8		50		
Sodium, Na.....mg	543		1	LC	8		380		
Zinc, Zn.....mg	0.58		0	FLC	4		0.41		
Copper, Cu.....mg	0.221		0	FLC	4		0.154		
Manganese, Mn.....mg	0.393		0	FLC	4		0.275		
Selenium, Se.....µg	13.1		0	FLC	4		9.2		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	LC	8		0.0		
Thiamin.....mg	0.429		1	LC	8		0.300		
Riboflavin.....mg	0.486		1	LC	8		0.340		
Niacin.....mg	5.714		1	LC	8		4.000		
Pantothenic acid.....mg	0.218		0	FLC	4		0.153		
Vitamin B-6.....mg	0.571		1	LC	8		0.400		
Folate, total.....µg	57		1	LC	8		40		
Folic acid.....µg	44		0	NR	4		31		
Folate, food.....µg	13		0	FLC	4		9		
Folate, DFE.....mcg_DFE	88		0	NC	4		62		
Choline, total.....mg	15.9		0	FLC	4		11.2		
Betaine.....mg									
Vitamin B-12.....µg	1.71		1	LC	8		1.20		
Vitamin B-12, added.....µg	1.10		0	NR	4		0.77		
Vitamin A, RAE.....mcg_RAE	429		0	NC	4		300		
Retinol.....µg	429		0	NR	4		300		
Carotene, beta.....µg	0		0	FLC	4		0		
Carotene, alpha.....µg	0		0	FLC	4		0		
Cryptoxanthin, beta.....µg	0		0	FLC	4		0		
Vitamin A, IU.....IU	1429		1	LC	8		1000		
Lycopene.....µg	0		0	FLC	4		0		
Lutein + zeaxanthin.....µg	22		0	FLC	4		15		
Vitamin E (alpha-tocopherol).....mg	0.58		0	FLC	4		0.41		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.1		0	FLC	4		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	2		0	FLC	4		2		
Vitamin K (phylloquinone).....µg	9.3		0	FLC	4		6.5		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 18951

Waffles, chocolate chip, frozen, ready-to-heat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	3.571		0	FLC	4		2.500		
4:0.....g	0.002		0	FLC	4		0.001		
6:0.....g	0.008		0	FLC	4		0.006		
8:0.....g	0.096		0	FLC	4		0.067		
10:0.....g	0.072		0	FLC	4		0.050		
12:0.....g	0.833		0	FLC	4		0.583		
13:0.....g									
14:0.....g	0.268		0	FLC	4		0.188		
15:0.....g									
16:0.....g	1.685		0	FLC	4		1.180		
17:0.....g									
18:0.....g	0.563		0	FLC	4		0.394		
20:0.....g	0.024		0	FLC	4		0.017		
22:0.....g	0.014		0	FLC	4		0.009		
24:0.....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated.....g	2.564		0	FLC	4		1.794		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.015		0	FLC	4		0.010		
17:1.....g									
18:1 undifferentiated.....g	2.535		0	FLC	4		1.775		
20:1.....g	0.013		0	FLC	4		0.009		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated.....g	3.272		0	FLC	4		2.291		
18:2 undifferentiated.....g	2.916		0	FLC	4		2.041		
18:3 undifferentiated.....g	0.347		0	FLC	4		0.243		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated.....g	0.007		0	FLC	4		0.005		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.002		0	FLC	4		0.001		
Fatty acids, total trans.....g	0.023		0	FLC	4		0.016		
Cholesterol.....mg	21		1	LC	8		15		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	10		0	FLC	4		7		
Theobromine.....mg	89		0	FLC	4		63		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 70g: 2 waffles round

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7	0	0	0	
Vitamin K (phylloquinone).....µg	6.8		1	A	1	1.9	2.2	2.2	
Dihydrophyloquinone.....µg	35.5		1	A	1	10.1	11.7	11.7	
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.638		0	NC	4	0.464	0.541	0.541	
4:0.....g	0.001		0	RA	4	0.000	0.000	0.000	
6:0.....g	0.000		0	RA	4	0.000	0.000	0.000	
8:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
10:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
12:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
13:0.....g									
14:0.....g	0.012	0.000	3	A	1	0.003	0.004	0.004	
15:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
16:0.....g	0.920	0.150	3	A	1	0.261	0.304	0.304	
17:0.....g	0.009	0.001	3	A	1	0.003	0.003	0.003	
18:0.....g	0.624	0.149	3	A	1	0.177	0.206	0.206	
20:0.....g	0.038	0.011	3	A	1	0.011	0.013	0.013	
22:0.....g	0.033	0.004	3	A	1	0.009	0.011	0.011	
24:0.....g	0.000		0	RA	4	0.000	0.000	0.000	
Fatty acids, total monounsaturated.....g	4.914		0	NC	4	1.393	1.622	1.622	
14:1.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
15:1.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
16:1 undifferentiated.....g	0.024	0.004	3	A	1	0.007	0.008	0.008	
17:1.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
18:1 undifferentiated.....g	4.829	0.749	3	A	1	1.369	1.594	1.594	
20:1.....g	0.061	0.029	3	A	1	0.017	0.020	0.020	
22:1 undifferentiated.....g	0.000		0	RA	4	0.000	0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.197		0	NC	4	0.623	0.725	0.725	
18:2 undifferentiated.....g	1.874	0.514	3	A	1	0.531	0.618	0.618	
18:3 undifferentiated.....g	0.312	0.247	3	A	1	0.088	0.103	0.103	
18:3 n-3 c,c,c (ALA).....g									
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
18:3i.....g									
18:4.....g	0.001		0	RA	4	0.000	0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.005	0.005	3	A	1	0.001	0.002	0.002	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.005		0	RA	4	0.001	0.002	0.002	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RA	4	0.000	0.000	0.000	
22:6 n-3 (DHA).....g	0.003		0	RA	4	0.001	0.001	0.001	
Fatty acids, total trans.....g									
Cholesterol.....mg	15	5.521	3	A	1	4	5	5	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.084		0	RA	4	0.024	0.028	0.028	
Threonine.....g	0.253		0	RA	4	0.072	0.084	0.084	
Isoleucine.....g	0.298		0	RA	4	0.084	0.098	0.098	
Leucine.....g	0.526		0	RA	4	0.149	0.174	0.174	
Lysine.....g	0.311		0	RA	4	0.088	0.103	0.103	
Methionine.....g	0.134		0	RA	4	0.038	0.044	0.044	
Cystine.....g	0.174		0	RA	4	0.049	0.058	0.058	
Phenylalanine.....g	0.310		0	RA	4	0.088	0.102	0.102	
Tyrosine.....g	0.149		0	RA	4	0.042	0.049	0.049	
Valine.....g	0.337		0	RA	4	0.096	0.111	0.111	

NDB No. 18403

Waffles, plain, frozen, ready -to-heat, toasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Arginine.....g	0.287		0	RA	4		0.081	0.095	0.095
Histidine.....g	0.148		0	RA	4		0.042	0.049	0.049
Alanine.....g	0.268		0	RA	4		0.076	0.088	0.088
Aspartic acid.....g	0.437		0	RA	4		0.124	0.144	0.144
Glutamic acid.....g	1.813		0	RA	4		0.514	0.598	0.598
Glycine.....g	0.230		0	RA	4		0.065	0.076	0.076
Proline.....g	0.611		0	RA	4		0.173	0.202	0.202
Serine.....g	0.360		0	RA	4		0.102	0.119	0.119
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	RA	4		0	0	0
Theobromine.....mg	0		0	RA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 33g: 1 waffle, round (4" dia)

Measure 3 = 33g: 1 waffle, square (4" square)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18365

Waffles, plain, frozen, ready-to-heat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	7.8		1	A	1		2.2	2.7	
Dihydrophyloquinone.....µg	19.6		1	A	1		5.5	6.9	
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.531		0	NC	4		0.434	0.536	
4:0.....g	0.001		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		2	A	1		0.000	0.000	
10:0.....g	0.000		2	A	1		0.000	0.000	
12:0.....g	0.000		2	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.011		2	A	1		0.003	0.004	
15:0.....g	0.000		2	A	1		0.000	0.000	
16:0.....g	0.880		2	A	1		0.250	0.308	
17:0.....g	0.005		2	A	1		0.001	0.002	
18:0.....g	0.560		2	A	1		0.159	0.196	
20:0.....g	0.040		2	A	1		0.011	0.014	
22:0.....g	0.036		2	A	1		0.010	0.012	
24:0.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total monounsaturated.....g	5.129		0	NC	4		1.454	1.795	
14:1.....g	0.000		2	A	1		0.000	0.000	
15:1.....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.025		2	A	1		0.007	0.009	
17:1.....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated.....g	5.036		2	A	1		1.428	1.763	
20:1.....g	0.068		2	A	1		0.019	0.024	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.165		0	NC	4		0.614	0.758	
18:2 undifferentiated.....g	1.798		2	A	1		0.510	0.629	
18:3 undifferentiated.....g	0.354		2	A	1		0.100	0.124	
18:3 n-3 c,c,c (ALA).....g									
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.001		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.005		2	A	1		0.001	0.002	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.004		0	FLA	4		0.001	0.001	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.003		0	FLA	4		0.001	0.001	
Fatty acids, total trans.....g									
Cholesterol.....mg	14		2	A	1		4	5	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.076		0	FLA	4		0.021	0.026	
Threonine.....g	0.228		0	FLA	4		0.065	0.080	
Isoleucine.....g	0.268		0	FLA	4		0.076	0.094	
Leucine.....g	0.474		0	FLA	4		0.134	0.166	
Lysine.....g	0.280		0	FLA	4		0.079	0.098	
Methionine.....g	0.120		0	FLA	4		0.034	0.042	
Cystine.....g	0.157		0	FLA	4		0.044	0.055	
Phenylalanine.....g	0.279		0	FLA	4		0.079	0.098	
Tyrosine.....g	0.134		0	FLA	4		0.038	0.047	
Valine.....g	0.304		0	FLA	4		0.086	0.106	

NDB No. 18365

Waffles, plain, frozen, ready-to-heat

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Arginine.....g	0.259		0	FLA	4	0.073	0.091
Histidine.....g	0.133		0	FLA	4	0.038	0.046
Alanine.....g	0.241		0	FLA	4	0.068	0.084
Aspartic acid.....g	0.394		0	FLA	4	0.112	0.138
Glutamic acid.....g	1.631		0	FLA	4	0.462	0.571
Glycine.....g	0.207		0	FLA	4	0.059	0.072
Proline.....g	0.550		0	FLA	4	0.156	0.192
Serine.....g	0.324		0	FLA	4	0.092	0.113
Hydroxyproline.....g							
Others:							
Alcohol, ethyl.....g	0.0		0	FLA	4	0.0	0.0
Caffeine.....mg	0		0	FLA	4	0	0
Theobromine.....mg	0		0	FLA	4	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 35g: 1 waffle, square (4" square) (include frozen)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18367

Waffles, plain, prepared from recipe

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	42.00		0		1		11.91	31.50	
Energy.....kcal	291		0	NC	4		82	218	
Energy.....kJ	1218				4		345	913	
Protein (N x 0).....g	7.90		0		1		2.24	5.93	
Total lipid (fat).....g	14.10		0		1		4.00	10.58	
Ash.....g	3.10		0		1		0.88	2.33	
Carbohydrate, by difference.....g	32.90		0	NC	4		9.33	24.68	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	255		0		1		72	191	
Iron, Fe.....mg	2.31		0		1		0.65	1.73	
Magnesium, Mg.....mg	19		0		1		5	14	
Phosphorus, P.....mg	190		0		1		54	143	
Potassium, K.....mg	159		0		1		45	119	
Sodium, Na.....mg	511		0		1		145	383	
Zinc, Zn.....mg	0.68		0		1		0.19	0.51	
Copper, Cu.....mg	0.062		0		1		0.018	0.047	
Manganese, Mn.....mg	0.265		0		1		0.075	0.199	
Selenium, Se.....µg	46.2		0	RK	4		13.1	34.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.4		0		1		0.1	0.3	
Thiamin.....mg	0.263		0		1		0.075	0.197	
Riboflavin.....mg	0.347		0		1		0.098	0.260	
Niacin.....mg	2.073		0		1		0.588	1.555	
Pantothenic acid.....mg	0.485		0		1		0.137	0.364	
Vitamin B-6.....mg	0.056		0		1		0.016	0.042	
Folate, total.....µg	46		0	RK	4		13	35	
Folic acid.....µg	31		0	NC	4		9	23	
Folate, food.....µg	15		0		1		4	11	
Folate, DFE.....mcg_DFE	68		0	NC	4		19	51	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.25		0		1		0.07	0.19	
Vitamin A, RAE.....mcg_RAE	65		0	NC	4		18	48	
Retinol.....µg	64		0	NC	4		18	48	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	228		0		1		65	171	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	2.866		0		1		0.813	2.150	
4:0.....g	0.041		0		1		0.012	0.031	

Waffles, plain, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.025		0		1		0.007	0.019	
8:0.....g	0.014		0		1		0.004	0.011	
10:0.....g	0.032		0		1		0.009	0.024	
12:0.....g	0.036		0		1		0.010	0.027	
13:0.....g									
14:0.....g	0.145		0		1		0.041	0.109	
15:0.....g									
16:0.....g	1.865		0		1		0.529	1.399	
17:0.....g									
18:0.....g	0.696		0		1		0.197	0.522	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.521		0		1		0.998	2.641	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.096		0		1		0.027	0.072	
17:1.....g									
18:1 undifferentiated.....g	3.395		0		1		0.962	2.546	
20:1.....g	0.026		0		1		0.007	0.020	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.785		0		1		1.924	5.089	
18:2 undifferentiated.....g	5.975		0		1		1.694	4.481	
18:3 undifferentiated.....g	0.782		0		1		0.222	0.587	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.021		0		1		0.006	0.016	
20:5 n-3 (EPA).....g	0.001		0		1		0.000	0.001	
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.006		0		1		0.002	0.005	
Fatty acids, total trans.....g									
Cholesterol.....mg	69		0		1		20	52	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.099		0		1		0.028	0.074	
Threonine.....g	0.289		0		1		0.082	0.217	
Isoleucine.....g	0.362		0		1		0.103	0.272	
Leucine.....g	0.630		0		1		0.179	0.473	
Lysine.....g	0.384		0		1		0.109	0.288	
Methionine.....g	0.179		0		1		0.051	0.134	
Cystine.....g	0.145		0		1		0.041	0.109	
Phenylalanine.....g	0.395		0		1		0.112	0.296	
Tyrosine.....g	0.293		0		1		0.083	0.220	
Valine.....g	0.409		0		1		0.116	0.307	
Arginine.....g	0.345		0		1		0.098	0.259	
Histidine.....g	0.187		0		1		0.053	0.140	
Alanine.....g	0.301		0		1		0.085	0.226	
Aspartic acid.....g	0.509		0		1		0.144	0.382	
Glutamic acid.....g	1.989		0		1		0.564	1.492	
Glycine.....g	0.247		0		1		0.070	0.185	
Proline.....g	0.726		0		1		0.206	0.545	
Serine.....g	0.447		0		1		0.127	0.335	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 18367

Waffles, plain, prepared from recipe

Measure 2 = 75g: 1 waffle, round (7" dia)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 18368

Wonton wrappers (includes egg roll wrappers)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	28.80		0		1		8.16	9.22	2.30
Energy.....kcal	291		0	NC	4		82	93	23
Energy.....kJ	1218				4		345	390	97
Protein (N x 0).....g	9.80		0		1		2.78	3.14	0.78
Total lipid (fat).....g	1.50		0		1		0.43	0.48	0.12
Ash.....g	1.90		0		1		0.54	0.61	0.15
Carbohydrate, by difference.....g	57.90		0	NC	4		16.41	18.53	4.63
Fiber, total dietary.....g	1.8		0		4		0.5	0.6	0.1
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	47		0		1		13	15	4
Iron, Fe.....mg	3.36		0		1		0.95	1.08	0.27
Magnesium, Mg.....mg	20		0		1		6	6	2
Phosphorus, P.....mg	81		0		1		23	26	6
Potassium, K.....mg	82		0		1		23	26	7
Sodium, Na.....mg	572		0		1		162	183	46
Zinc, Zn.....mg	0.71		0		1		0.20	0.23	0.06
Copper, Cu.....mg	0.147		0		1		0.042	0.047	0.012
Manganese, Mn.....mg	0.638		0		1		0.181	0.204	0.051
Selenium, Se.....µg	28.2		0	FLA	4		8.0	9.0	2.3
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.519		0		1		0.147	0.166	0.042
Riboflavin.....mg	0.378		0		1		0.107	0.121	0.030
Niacin.....mg	5.424		0		1		1.538	1.736	0.434
Pantothenic acid.....mg	0.025		0		1		0.007	0.008	0.002
Vitamin B-6.....mg	0.030		0		1		0.009	0.010	0.002
Folate, total.....µg	86		0	FLA	4		24	28	7
Folic acid.....µg	69		0	NC	4		20	22	6
Folate, food.....µg	17		0		1		5	5	1
Folate, DFE.....mcg_DFE	134		0	NC	4		38	43	11
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.02		0		1		0.01	0.01	0.00
Vitamin A, RAE.....mcg_RAE	4		0	NC	4		1	1	0
Retinol.....µg	4		0	NC	4		1	1	0
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	14		0		1		4	4	1
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.263		0		1		0.075	0.084	0.021
4:0.....g	0.000		0		1		0.000	0.000	0.000

Wonton wrappers (includes egg roll wrappers)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.002		0		1		0.001	0.001	0.000
15:0.....g									
16:0.....g	0.223		0		1		0.063	0.071	0.018
17:0.....g									
18:0.....g	0.025		0		1		0.007	0.008	0.002
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.195		0		1		0.055	0.062	0.016
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0		1		0.003	0.003	0.001
17:1.....g									
18:1 undifferentiated.....g	0.183		0		1		0.052	0.059	0.015
20:1.....g	0.001		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.610		0		1		0.173	0.195	0.049
18:2 undifferentiated.....g	0.571		0		1		0.162	0.183	0.046
18:3 undifferentiated.....g	0.035		0		1		0.010	0.011	0.003
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.003		0		1		0.001	0.001	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.001		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	9		0		1		3	3	1
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.114		0		1		0.032	0.036	0.009
Threonine.....g	0.268		0		1		0.076	0.086	0.021
Isoleucine.....g	0.369		0		1		0.105	0.118	0.030
Leucine.....g	0.684		0		1		0.194	0.219	0.055
Lysine.....g	0.204		0		1		0.058	0.065	0.016
Methionine.....g	0.176		0		1		0.050	0.056	0.014
Cystine.....g	0.221		0		1		0.063	0.071	0.018
Phenylalanine.....g	0.486		0		1		0.138	0.156	0.039
Tyrosine.....g	0.273		0		1		0.077	0.087	0.022
Valine.....g	0.417		0		1		0.118	0.133	0.033
Arginine.....g	0.348		0		1		0.099	0.111	0.028
Histidine.....g	0.209		0		1		0.059	0.067	0.017
Alanine.....g	0.307		0		1		0.087	0.098	0.025
Aspartic acid.....g	0.413		0		1		0.117	0.132	0.033
Glutamic acid.....g	3.384		0		1		0.959	1.083	0.271
Glycine.....g	0.336		0		1		0.095	0.108	0.027
Proline.....g	1.134		0		1		0.321	0.363	0.091
Serine.....g	0.483		0		1		0.137	0.155	0.039
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 18368

Wonton wrappers (includes egg roll wrappers)

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 32g: 1 wrapper, eggroll (7" square)

Measure 3 = 8.0g: 1 wrapper, wonton (3-1/2" square)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)